

PRE-TEACHING IN 6 EASY STEPS

When we pre-teach we tell children what is coming next and what we expect them to do.

Pre-teaching helps set children up for success in learning new skills and improves cooperation!



1

CHOOSE WHAT TO PRE-TEACH

Start simple. Choose one thing that you and your child can be successful with (and that will make your days easier!).

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2

KNOW WHAT YOU WANT YOUR CHILD TO DO

It's easy to think about what we want our child NOT to do. In pre-teaching we let them know what TO DO.

For example: I want my child to put his shoes by the door when we get home.

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3

BREAK IT INTO CLEAR AND SIMPLE STEPS

Divide the skill into 1-3 steps that are manageable for your child and state them clearly. To check for understanding, ask them to tell you what they are going to do.

For example: "When we get home, go into the house, take off your shoes, and put them by the door. What are you going to do when we get home?"

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4

CHOOSE THE RIGHT MOMENT TO PRE-TEACH

The timing you choose to pre-teach a new skill is very important to their success. Choose a calm time when your child is not focusing on something else.

For example: if your child is watching their favorite show, choose another moment to pre-teach.

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5

PRACTICE PRE-TEACHING

Like any skill, it takes time to make pre-teaching a parenting habit. Give it a try! The more you practice, the more positive effects you will see.

Likewise, it may be helpful for your child to practice the situation in advance. You can use dolls, stuffed animals, and other make believe situations to help them feel ready and know just what to do!

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6

RECOGNIZE EFFORT AND PROGRESS

If your child nails it on the first try, let them know! An enthusiastic high five goes a long way. If they tried, but didn't quite get it this time, focus on the effort they made and letting them know what they did well so they feel supported in trying again the next time.

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