



Backward Chaining

Possible challenge:

Difficulty with sequencing tasks and learning how to master a whole self-care activity, maintaining attention and concentration, motivation.

Helpful Tips:

- Backward chaining is used for teaching skills by breaking them down into steps, which are always performed in the same order. For example, putting trousers on can be taught using this technique.
- First, break down the task into small, manageable steps. For example, putting on trousers:
 1. Pick up trousers by waistband
 2. Lower trousers and lift up leg
 3. Put left leg into trouser hole
 4. Put right leg into trouser hole
 5. Pull trousers up to knees
 6. Stand and pull trousers to waist
- Start with you doing steps 1-5 and then the child starts to learn to pull the trousers up to their waist. This way the child learns to get success and achievement from doing the task quickly.
- Once the child is independent and successful with the last step, get them to do the last two steps.
- Continue this process by doing just a little less for your child each time, eventually reaching the first step and mastering the whole task.

Things to consider:

- This technique can be used for lots of daily living tasks e.g., feeding, brushing teeth etc.
- Consider the fabric of clothing that the young person prefers
- Limit unnecessary noise if this is a distraction



- Reward charts can also aid your child's response to learning and mastering new skills.