

THIS WEEK'S TOPIC IS PLANNING STRATEGIES



Planning in everyday life

Planning and prioritising are skills that we use every day in order to achieve what we need to do. They are an executive function (cognitive process) which is an integral part of how our brain helps us to achieve our goals. We use planning to create routines for ourselves and to plot out the steps needed to complete tasks.

How can you help?

To build your child's capacity to plan and prioritise, you could...

- discuss the steps needed to complete a task such as building a snowman or making a bed
- model deciding which steps to do first in a task and explain why you chose them e.g. I'm putting my socks on first before my shoes
- make to-do lists and support children to complete tasks and tick them off
- model when things have to be done by a certain date e.g. buying a birthday card



Signs of planning struggles

If your child struggles with the following, support them with the opportunities previously mentioned.

- Can't get started on homework
- Has trouble knowing how to start a big project or task
- Struggles to finish a project
- Has difficulty remembering steps for getting dressed or ready to go out
- Can't figure out the most important thing to do first on a list
- Has trouble when there are more than a few items on a "to-do" list
- Can't sequence a task visually or verbally
- Has trouble seeing the "big picture"
- Can't find the important items when cleaning out a messy desk