Following Directions

Being able to follow directions requires the ability to understand the language used in the directions, the ability to hold onto the information and then perform the action. A way to help your child follow directions is to teach good listening skills and to minimize distractions.

Here are a few ways to create the best environments for listening and learning:

➢ Prepare your child to listen (call their name, give them a signal, touch their arm)
➢ Make eye contact
➢ Give 1 direction at a time
➢ Speak clearly and slowly
➢ Pause and provide processing time

The following are activities that target following directions at home. These activities will only take a few minutes, please choose a few each week if you can. Encourage your child and have fun with these activities. Remember to create a good listening environment.

Activities targeting Following Directions at Home

1. Play Simon Says
2. Follow directions to find a hidden treasure
3. Look at a coloring book picture. Give your child directions, such as “circle the star, color the tree green, make an X on the cat”
4. Give your child directions on how to draw a snowman. Use details. For example, “make the mouth wavy, color the eyes purple”
5. Practice singing songs and nursery rhymes
6. While the water is running for a bath, ask your child to gather 3 items. For example “bring me your towel, a toy and a wash cloth”
7. Ask your child to get 3 food items out when making dinner or when baking together
8. Make an obstacle course at home and give your child directions on how they should go through the course