



## **Backward Chaining**

### ***What is backward chaining?***

When a child finds something difficult we often let them begin and then take over when they are struggling and finish the task for them. This can be challenging and frustrating for the child.

An alternative shown to be very effective for self-care skills is to flip the process around and use backward chaining. Backward chaining teaches skills by breaking the task into steps. The adult assists with initial steps and lets the child finish the final steps. They then have the satisfaction of completing the task and experience success.

### ***How do I do it?***

1. Think about the different steps in a task. What is the last step? *For example:*

#### **Bottom wiping:**

1. Taking paper
2. folding paper
3. wiping
4. checking if clean
5. putting the paper into the toilet
6. (repeat if necessary)
7. **Flush the toilet**



#### **Putting on a trousers**

1. Hold trousers by waistband
2. Find label at the back
3. Lower trousers
4. Lift one leg into hole
5. Put other leg into the second hole.
6. Pull trousers up to knees
7. **Stand up and pull trousers up to waist.**

#### **Putting on a t-shirt**

1. Pull shirt over head
2. Push right arm up through right sleeve
3. Push left arm up through left sleeve
4. **Pull shirt down to waist**



2. Complete all the steps of the task for your child until the final step.
3. Teach your child how to do the final step. You explain verbally or use your hands over theirs to show them how to do it initially and then allow them to take over.
4. **Praise your child for their efforts!**



5. Repeat the task in this way until your child has mastered the last step and can do it independently.
6. Complete all of the steps of the task until the second to last step.
7. Teach your child the second to last step and repeat the process until they have mastered all of the steps in the task.