



## HOW TO TEACH: “WAIT Card”

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Teaching a child to wait is a valuable skill. Children must wait their turn in games, conversations, at the grocery store and in many other daily expectations. Waiting is a life skill.

Visual supports are most effective when the tool is taught in a successful, errorless environment. If the child reaches frustration when learning to use the WAIT Card tool, he or she will be resistant to its use in the future.

## *Teaching the **WAIT Card***

Begin when the child is waiting for a **non-preferred** item or event.

1. Show the “**WAIT Card**” and label the action (i.e. “waiting”, “you are waiting”).
2. After a brief moment, while the child is still calmly engaged in the act of waiting, present the “**WAIT Card**” and label again “waiting” or “you are waiting”.
3. Once the waiting period is over, and the child is still calm, label “waiting is All Done” and turn the “**WAIT Card**” over to physically and visually show the child that waiting is all done. Immediately transition to the next step.
4. Slowly, you will be able to extend the “waiting time”. Bear in mind, it is important to maintain an errorless, positive learning environment.
5. In addition, anytime you see the child naturally waiting successfully, label the action and show the child the visual.

## *Here are some important points to consider:*

- ✓ Acknowledge the wait time using visual supports and/or hand gestures paired with speech. Constant labeling of “waiting” will assist with language comprehension.
- ✓ Remember, simply giving the child the “Wait Card” is not effective. The child must be allowed many opportunities to experience waiting and see/hear the concept.