

How to use Backward Chaining

Backward Chaining is when we break down the small steps required to complete a task. We then teach children the last step first. When they have mastered this, we teach them the second to last step and so on until they can do the task independently.

We will use the example of putting on a sock. Think about all the steps involved in this:

1. Roll down the sock from the top to the toe
2. Put your thumbs in the sock
3. Pull sock over toes
4. Pull sock over heels
5. Pull sock up

Teach the child step 5 of the process first, you may need to take their hands and physically show them what to do.

Once they have mastered step 5, teach them step 4 and so on.

By teaching the last step first, the child gets the satisfaction of completing the activity and the praise that goes with it.

