



# How to use Objects of Reference

An object of reference is an object which is used to represent a place or activity to help a child understand what is happening.

Decide which places or activities the child uses most. Start off with no more than 4. Choose an object to represent each place/activity.

Show the object to the child and say the name of the activity or place you want them to go to.

Take the child by the hand and lead them to the place or activity.

Over time you can reduce the amount of support you give the child to go to the place or activity, hopefully one day they will transition by themselves.



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