

## Objects of Reference

**Aim:** Use objects to help your child to transition between different activities during the day

- Choose objects that will represent different activities in the day  
*e.g. Nappy = nappy change*  
*Plate = Lunch time*  
*Rubber duck = Bath time*
- Use the objects to show your child what is happening next e.g. *showing a nappy to indicate they need their nappy changed, a cup to show it is snack time.*
- Try and use these items every time the activity happens so your child learns to associate a certain object with an activity.
- Also try to keep the items the same.
- Before your child transitions, show your child the object to help them to understand what they are moving on to. Keep the object with them until they have transitioned e.g. *let your child carry 'lunchtime' object to the lunch table.*

**Examples:**

