

Useful teaching strategies

Select teaching strategies to support the recovery of a child or young person with a traumatic brain injury.

Seek feedback on what's helpful.

Adjust as needed.

- ▲▲ Maintain a daily routine as much as possible.
- ▲▲ Practise dry runs for unfamiliar situations.
- ▲▲ Provide more structure and fewer choices.
- ▲▲ Provide activities for unstructured times.
- ▲▲ Give directions slowly and support them with visual cues.
- ▲▲ Teach self advocacy skills and prompts, such as “Can you help me get started?”
- ▲▲ Focus on success – what the child or young person can do.
- ▲▲ Offer lunchtime buddy groups.
- ▲▲ Provide direct feedback on social skill development.
- ▲▲ Suggest and model alternative words and actions in situations that escalate. Avoid descriptions or explanations.
- ▲▲ Avoid time outs (the child or young person is not likely to independently regroup or calm down).
- ▲▲ Use social stories to help teach solutions or coping strategies for different situations.

