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.