

# 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.

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