

# Essential Eight Skills: Accepting removals or transitions, sharing & turn-taking

## *Why are these important?*

These skills all link together because they are important for a child to be able to tolerate change more easily. Children gradually learn that there are other people in the world that they need to negotiate and share with, even if it's hard for them but this takes time. If they are able to accept the involvement of peers or siblings in their day to day life, whether that be playing games, getting attention from adults or fitting everyone into a routine, this can reduce distress for them and improve wellbeing.

## *What do they look like in daily life?*

- Having a favourite teddy removed from them before going to school
- Transitioning from the car to the house
- Sharing toys or snacks
- Taking turns in games
- Having a new teacher



### Essential Eight Skills:

1. Making a request
2. Waiting
3. Accepting removals/transitions/sharing/turn taking
4. Completing tasks when requested
5. Accepting 'no'
6. Following directions related to health & safety
7. Completing daily living skills related to health & safety
8. Tolerating situations related to health & safety

Armstrong, H., Denne, L. D., & Bailey, T. (2021). The role of key skills as a risk marker for the development of challenging behaviour in children and young people who have an intellectual disability. *The as children people intellectual. International Journal of Positive Behavioural Support*, 11(2), 3-14.

## How to learn and practise

- Say 'I'm going to count to 3 then \_\_\_\_ is finished' take a brief pause, then say '1, 2, 3, \_\_\_\_ is finished' and remove the activity
- Give an item that belongs in the place you want to transition to and ask them to take it to where it lives
- Sit with the child and colour separate pictures but share the same pencils. Briefly use pencils they specifically like when they are not using them and put them back and thank them for sharing
- Say 'first \_\_\_\_'s turn, then Mummy's turn. Start with your turn being significantly shorter than theirs and build up the time they have to wait for their turn.

## How to support learning

- Keep language simple
- Use key phrases highlighting what they are doing well
- Use lots of praise so they associate the skill with positivity e.g. 'good sharing', 'good waiting'
- Gradually increase the difficulty of the tasks e.g. transitioning in more difficult scenarios or involving more people in turn-taking. Start small and go up slowly

Please visit our website for videos explaining in more detail how to practise these and other essential skills

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