

# Essential Eight Skills: Waiting

## *Why is waiting important?*

It can take a while to learn to wait, but it underpins lots of other learning and key skills. It is really important for future milestones and accessing daily activities. Waiting can be just for a few seconds, remaining with an adult, tolerating touch, looking or listening.

## *What does waiting look like in daily life?*

- Waiting for food to arrive
- Waiting in a queue
- Waiting for help/support
- Waiting your turn, e.g. for an appointment
- Having to complete other tasks before a more desirable activity



### 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 waiting

- Build in opportunities to wait. This may be when the child is calmer and during an activity that they usually don't mind waiting for and gradually increase the wait time. Use day to day activities initially such as waiting while mum makes their drink.
- Use the now and next method to make waiting more concrete e.g. 'sit at the table now, yoghurt next' or 'table first, then yoghurt'
- Running a bath, say 'waiting for the bath', end with a reward of bath/bubbles
- Acknowledge requests, highlight what you are doing, then meet the request, e.g. child asks for iPad, say 'Mummy's eating' take a bite, then say 'good waiting, here you go' and give the iPad

## How to support learning

- Keep language simple
- Use key phrases highlighting what someone is waiting for
- Use lots of praise so they associate the waiting with positivity e.g. 'good waiting'
- Gradually increase the time that you get your child to wait, start small and go up slowly



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

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