

## What is Backward Chaining?

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Backward Chaining is a process by which you can teach your child different tasks such as to dress themselves independently. They will gradually learn to do more and more of the task, starting with the last part of the task. Because they complete the dressing task each time, they feel a sense of achievement.

### How do I do Backward Chaining?

You begin backward chaining by breaking the task down into smaller parts. You then carry out most of the task and leave the end step for the child to complete.

For example:

When putting on a T shirt on, the steps are:

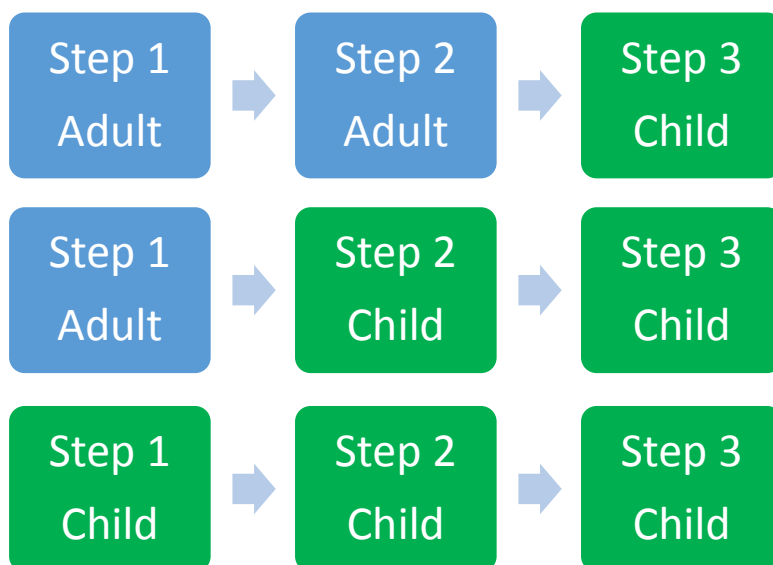
1. getting a T Shirt the right way for putting on, with the tag at the back of the shirt,
2. getting the shirt over your head,
3. putting both arms through the arm sleeves,
4. pulling the shirt down and adjusting the shirt.

When teaching this task: you would do the first 3 steps and get the child to complete the last one: so in this case you would put the T shirt over the child's head and put their arms in, then you would have the child pull the T shirt down.

When they can do this correctly, the next step will be that you put the T shirt over their head, and then they complete the last 2 steps, i.e. put their arms in independently and pull the T shirt down.

As your child successfully completes each step you can then leave progressively more and more for them to do.

Always praise them as if they have completed the whole task – achieving success is what encourages us to try again.



**Celebrate  
success!**