

Backward Chaining

Backward Chaining is a way of introducing a new skill or routine so that the student is asked to participate most actively in the final component.

1. The task is broken down into small steps and the helper completes most of the task and leaves the final stage for the student to complete.
2. Once your student is able to do the final step, the helper leaves the last two steps for your student to complete.
3. When your student is able to complete the last two steps, the helper does all except for the last three steps etc.
4. When your student is able to complete the last three steps of the activity, the helper completes all the last four steps.
5. Gradually the helper reduces the number of steps they do and gives the student the opportunity to do more and more of the task
6. Continue reducing the helper's input until your student is completing the entire task, OR until your student reaches their optimum output for that task.

This way your student is able to:

- Complete the task,
- Get praised at a natural time for participating and
- Have a sense of accomplishment and pride

NOTE:

To ensure that your student understands what is expected of him/her, the helper should **practice** the entire routine several times with your student before introducing the backward chaining technique and should always **verbally explain** to your student what they are to do at all steps and stages.

