

Caregiver Guide

It's time to redeem all those moments we lost, the ones where life got too loud, too fast. Right now, you're the closest anchor your learner has. And believe it or not, *you* might be the reason they start looking forward to doing this again tomorrow. That's why it matters to give this your best shot.

Visuals are your secret weapon. Repetition might feel boring to us, but to them? It's structure. It's safety. Over time, they won't just mimic, they'll own it. That's when autonomy kicks in, and you'll see them light up like they finally *belong*.

Here's what works:

- **Model exactly how it's done.** From holding the spoon to cracking an egg — they're watching your every move.
- **Celebrate small wins.** A point, a smile, a stir? That's a win. Make it feel big.
- **Stay patient.** Frustration? Yeah, it happens. But don't let it spill over. They're learners — and learners *make mistakes*. That's part of growth.
- **Never rush. Never skip visuals.** If you skip, they lose their compass.

Build a routine they can rely on:

- Use the *same cards* each session
- Build a *predictable visual strip*
- Combine *gesture + card + voice* every time
- And if you can? Use photos of the *real stuff* in *your* kitchen. That spoon they eat with, that pan they see daily — it helps lock in recognition faster.

This journey isn't about making them perfect. It's about helping them participate, at their pace, in *their way*. And you? You're the one making that possible.