

# Tikoteekki

## The FIRST mnemonic

The FIRST mnemonic can help you connect.

Before every interaction **FIRST** take a moment to remember the following key concepts:

### **F**ocus:

Focus on the current interaction when you are with someone. Don't think about other things.

### **I**nterval:

Allow for an interval. Give it time. Wait for a gesture, a gaze, a message. Don't fill in the silence.

### **R**espond:

When the other person is communicating with you, respond. Confirm that you have observed the message.

### **S**uit the other:

Tailor your communication to suit the other person's needs whether through words, facial expressions, movements or the adaptation of your breathing rhythm.

### **T**est your assumptions:

Test your assumption that you have understood the other person's message. Check if he or she would like to continue the interaction or quit.



Finding a common language may take time but it's possible.

FIRST-mnemonic is based on Finnish  
LOVIT®-mnemonic, owned by Tikoteekki.

# tikoteekki

Tietotekniikka- ja kommunikaatiokeskus  
Kehitysvammaliitto ry.