

# MY FIRST DRIVE



*Make it stress free, relaxing and enjoyable.*

## Preplanning:

The first drive for all learners can be stressful, overwhelming and intimidating. It is the moment they realise that driving is not as easy as it looks.

For parents there may be assumptions made that the learner should know the basic things, such as where the key goes? It can be a shock to realise the learner does not know the basics and needs to step through these simple steps.

# 1

The best place to start is not in the car. At the table sit and chat to the learner about the basics, use diagrams or the pictures in car brochures or the actual car manual. These will generally have a great graphic picture of the dashboard controls and a list explaining what each control does.

# 2

Sit the learner in the driver's seat in the car. With the diagram work around the controls in a systematic way. Seat position, seat belt, key positions, window controls, mirror adjustment, indicators, wipers, warning gauges, ventilation, gears, handbrake, foot controls. Letting a learner 'play' with the controls and talking about the role of each, how to use and the situations you would use them is important before you both move the vehicle. Allow plenty of time for the learner to ask questions or discuss each item.

# 3

Find a quiet place to teach the learner how to steer. Ideally the area would be quiet with minimum traffic flow. A housing estate is ideal. You may need to drive the learner there as this would reduce any anxiety they are feeling about traffic. Reducing fear of failure, making mistakes and accidents is crucial. Find a long quiet road the learner can allow the car to move forward without acceleration and 'feel' the movement. This alone can be a great source of fear for learners. Once they have felt the movement of the car at low speed they are ready to move on to steering and acceleration / braking.

HIGHLANDS  
*Drive Safe*

### HIGHLANDS DRIVE SAFE

Southern Highlands, NSW Australia

[www.highlandsdrivesafe.com](http://www.highlandsdrivesafe.com) |

[www.aspergerdrivertraining.com](http://www.aspergerdrivertraining.com)

Tip: Have sensory toys ready for learner to touch and play with while you are talking and explaining, this helps focus. It may seem like they are not listening but they are, squeeze balls, or puzzle chains help them focus while you talk. Available at [suelarkey.com.au](http://suelarkey.com.au)

