



SUGGESTED BEDTIME ROUTINE

ADJUST ORDER AND TASKS TO MEET THE NEEDS OF YOUR FAMILY



BEGIN BEDTIME TASKS

Recommended to limit
screen time 30 minutes
before bed



WASH-UP AND BRUSH TEETH



USE THE TOILET



RELAX TOGETHER WITH A BOOK OR SONG

3 is recommended

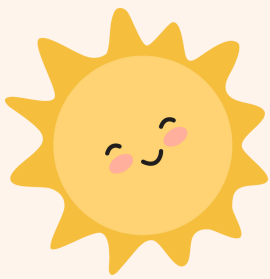


CHANGE INTO PJ'S



SWEET DREAMS!





SUGGESTED MORNING ROUTINE

ADJUST ORDER AND TASKS TO MEET THE NEEDS OF YOUR FAMILY



GOOD MORNING

Using an alarm at an early age creates a healthy habit of responsibility.



GET DRESSED



EAT BREAKFAST (HOME OR SCHOOL)



GATHER SCHOOL SUPPLIES



Keeping school items in the same location saves time.

BRUSH TEETH



HAVE A GREAT DAY!

Arrive to school on time ready to learn!



What is a Visual Schedule?

A visual schedule is a tool created using materials to represent a routine or task. Young children respond to visual cues to help them plan and accomplish a task.



Visual schedules can be helpful in:

- Providing some structure and predictability to the day
- Improving the ability to follow a plan
- Supporting literacy development when incorporating words with pictures
- Improving understanding of sequencing and the concept of time
- Easing transitions between activities
- Decreasing any anxiety about the unknown
- Improving independence
- Building self-esteem and establishing a sense of accomplishment

You can use a visual schedule when you want to help a child understand:

- What is happening next
- Changing normal routine
- Helping the child to complete tasks without adult support

Tips for Creating a Visual Schedule:

- Identify the skill/routine you want to focus on. Break down the activity into steps.
- Photographs may be helpful for children to understand as they can easily associate the picture of an object to routine activity.
- Text is essential to help develop children's literacy skills and with images creates a more effective schedule than text or images alone.
- Teach your child how to follow the schedule, mindful that this may take some time and require guidance.
- Ensure there is an indication of when your child has completed the tasks, such as moving an image across to finish side of the schedule.
- Remember to provide positive reinforcement (i.e. praise, opportunity to engage in the preferred activity or another motivator for your child) when they complete the schedule appropriately.

Creating your Visual Schedule

Ensure that the visuals are always presented from top to bottom for vertical scanners or left to right for horizontal scanners (this will be dependent on how your child reads the schedule best).

Image Sources

There are plenty of great resources out there for images, such as:

- Canva
- Lessonpix - Picture Cards (lessonpix.com)
- Your photographs - Use your phone camera to take pictures of the objects you want to include. Just make sure the item is on a high contrast background as this ensures your child will be able to understand the focus object easily.
- Do2Learn - Do2learn: Educational Resources for Special Needs

Once you have printed the document, we recommend laminating the schedule, if possible, to prevent wear and tear. Otherwise use tape to wrap the paper onto a sheet of cardboard. Once it is ready, place velcro tape/dots onto the back of the visuals and add to your visual schedule.

Final Advice

When making a new schedule, try not to worry about it being perfect because it will change over time and might not work initially for your child. It will also take time for your child to adapt to using this schedule and will take time to understand the right choices to make. But if you haven't had any progress after a few weeks, you might need to change things around so don't be concerned about trying something different.