

Visual Schedules



- You've heard the saying, "A picture is worth a thousand words." When communicating with children, it's so true!
- Visual schedules are a simple tool for teaching routines and expectations to children.
- Visual schedules can use photos, drawings, words, numbers, etc. to help a child understand what will be happening and when.
- Schedules can provide an overview of a month, a week, a day, an hour, or steps within an activity.



How can I make one?

- There are many ways to make visuals for your daily routine that cost little time and money.
- Keep in mind: clarity, durability, flexibility. Do the visuals clearly communicate the routine? Will they last? Does it allow for flexibility as needed? (e.g. routines change)

How do I use one?

1. Post it where your child will always be able to see and reach it
2. Point to the picture(s) as you explain what will be happening
3. Use it to prepare your child for any unexpected changes or difficult transitions
4. Nurture your child's use of visuals (i.e. "Sam, you are doing such a great job looking at the schedule to see what's next")
5. Practice!

