

## HOW TO USE A VISUAL SCHEDULE

Visual schedules are very helpful for children, as it provides a picture representation of what to expect next. Children often thrive and feel safer when they have a consistent pattern to their day. Use this visual schedule to set-up a daily schedule for your child. It is important to remember to have flexibility and grace for changes to the day. Even though patterns are important, it is also important for children to see how you adapt to changing situations.

1. Print out the visual schedule and visual pictures
  - a. You may need to print out multiple schedules, depending on the number of activities you want to have.
2. Write your child's name at the top and post somewhere where they can see it throughout the day.
3. Cut out the pictures of activities for the day and attach them to the schedule. Write out what the activity is in the space beside the picture.
  - a. Feel free to draw your own activities!
  - b. See the example attached.
4. Go over the schedule at the beginning of the day
  - a. For older children, you may even draw a clock to represent the time of the activity.
  - b. For younger children, you can have them put a sticker over the completed activity and tell them what is next.
  - c. Also note, some children may need some reminders that an activity is about to change.
    - i. I.e. "we are going to clean up in 5 mins"
5. Make it fun!
  - a. You can include your child in the creation of the schedule
  - b. Think of fun new activities

There is no perfect formula! Each schedule may look differently for each child, and will look different for each family!



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Lillian

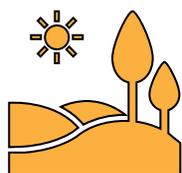
## TODAY'S SCHEDULE



Breakfast



Puzzles



Go for a walk!



Snack



Music Time



Nap Time



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TODAY'S SCHEDULE

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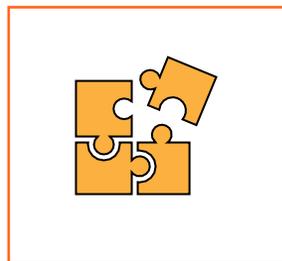
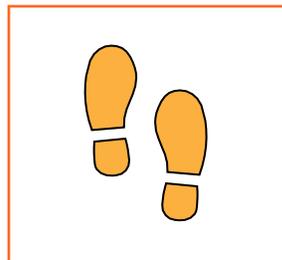
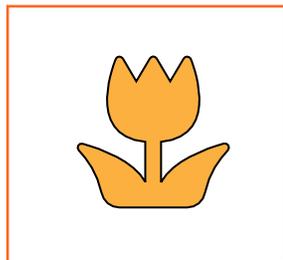
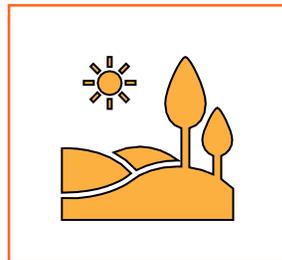
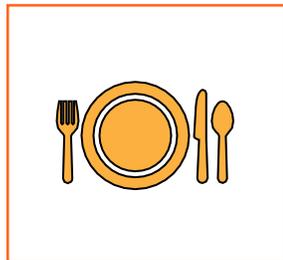
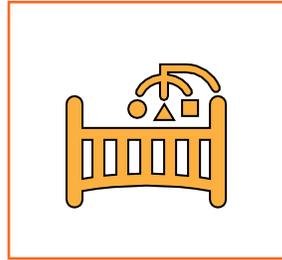
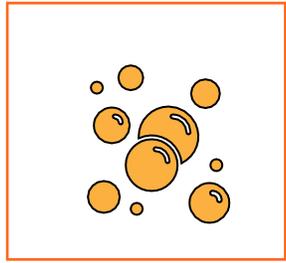
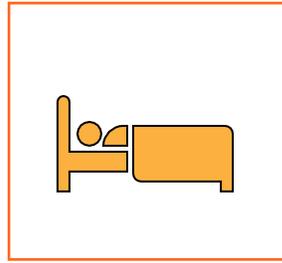
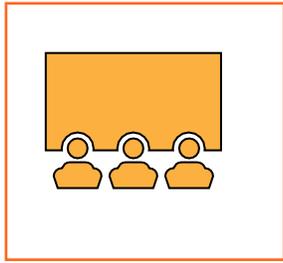
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Visual Schedule Pictures



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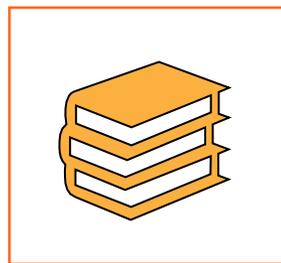
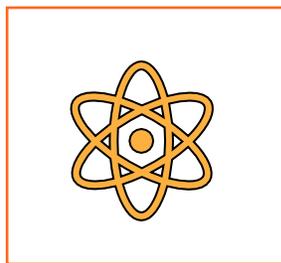
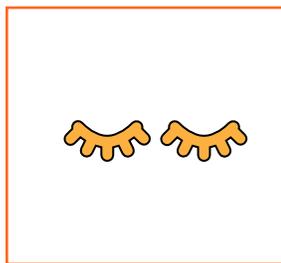
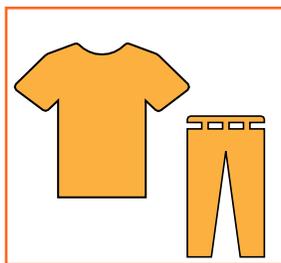
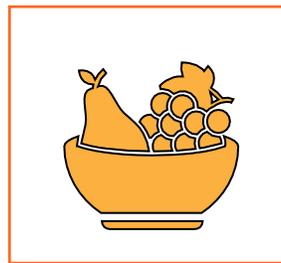
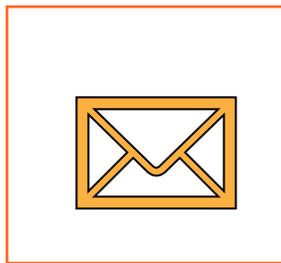
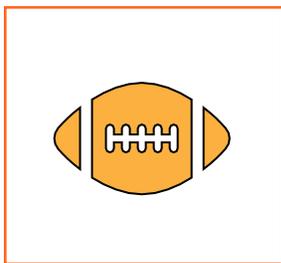
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