



VISUAL SCHEDULES

WHO IS IT FOR?

Visual schedules can help children of all ages who may:

Children who find it **difficult to understand spoken language**

Children who **forget things easily**

Children who **get upset at routine changes**

Children who **get upset moving from one place to another**

Children who need **reassurance** throughout the day

WHAT IS IT?

Visual schedules (or timetable) are a way to **show your child** what they will be doing through the day **using visuals**

Visuals can be **objects, photos, or picture symbols**

They could be a **short now/next board** with two items on it

They could be **whole day schedule** with lots of items on it

Visual schedules can **help children know what they will be doing in their day**. This can help them to regulate their emotions.

HOW DOES IT WORK?

There are lots of ways to make a visual schedule! Here are some examples:

Now/next board: Create a board that has **two sides on it for now and next**. Put the visual on the board to show your child what is **happening now**, and what will **happen next**. Show them at the **start of the first activity** and **clearly say the words** (e.g., "now car, next shop"). Once you have moved onto the next activity, **change the board around** (e.g., "now shop, next home")



Visual timetables: Create a board that shows **what will happen throughout their day using visuals**. This could be just for a **part of their day** (e.g., from breakfast to lunch) or **all day**. As you **finish each activity, show them the timetable again**. Help them to remove the activity that they have just finished (e.g., "lunch finished, next play time")

WHAT DO WE NEED?

- Something to put the schedule on e.g., a piece of cardboard/laminated piece of paper
- Objects, photos, or picture symbols that represent what will happen in their day



TOP TIPS

Be consistent: use the the schedule **every day** to help your child know what the objects means

Use the schedule **to support changes to their routine:** Show your child changes to routines on their schedule. If the change is last minute, you can put the new symbol on the board with them. Go over what will happen through the day again.

Remove activities that have already happened: this will make sure your child is only seeing what is going to be happening and reduce confusion. This could be removing them entirely or moving them to a "finished" section of the schedule

Help them to use their schedule on their own: over time, help your child to check their own schedule so that they know what will be doing without needing you there to remind them