



Schedules, Routines and Timetables

Using a visual schedule with children can help:

- Establish routines and expectations
- Break the day or an activity into manageable parts
- Provide support with transitioning from one activity to another, especially when it is something out of the normal routine
- Foster self-confidence and responsibility
- Support independence
- Improve understanding
- Avoid frustration and anxiety

If you would like to use a visual schedule with your child/ren, here are a few pointers:

- Experiment with different methods to see what works best for you and your children
- Keep it simple and concise
- Involve your children in the planning of the schedule
- Display it in a highly visible location that is easily accessible to you and your children
- Be consistent. Always use the same picture and label for a specific activity
- Have a way to signify the end of an activity or completion of a task, like turning the picture over or removing it and putting it in an "all done" pocket
- Keep it fun!

Objects of Reference

The simplest version of a visual timetable, where physical objects are attached to the timetable by Velcro: for instance, a plastic cup might be used to represent snack time, and a flannel to show its bath time.



Photographic schedules

Photos are taken to represent the activities and tasks that will take place over the course of a child's day and attached to the timetable in the correct order.

Again, this could be a simple 'now and next' timetable or have a number of different steps, depending on your child's needs.



Picture schedules

Pictures are used to show children what's going to happen during the day? For example, a picture of a stick person next to a clock represents waiting, while a picture of a person with their finger on their lips would show it is time to be quiet.

