

## Using the Visual Schedule

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There are many benefits to using a visual schedule at home, or in the classroom, with your children. They can be a powerful tool for keeping your child organized, providing independence, and reducing meltdowns, for instance. Having a visual daily routine visible to the child can really reduce anxiety and dramatically improve day-to-day-life.

- To start, create an *accurate* visual (i.e., written) schedule and use it to inform the child of what activities will occur and in what sequence. It is extremely important that the schedule be correct (accurate), so the child learns to trust it.
- Include specific activities such as waking up and lunchtime, and any other important segments of the child's daily schedule on this visual.
- Display the schedule in a convenient place where it can be referred to as often as needed. Some families will use a pocket chart to display the schedule (*see example*) while others may simply post it on the refrigerator.
- Remind the child to review his schedule first thing in the morning to prepare him for the upcoming school day.
- It is important to try to teach the child to use his schedule as *independently* as possible in order to facilitate his understanding of its importance and increase his success with it. Try asking the child questions about his schedule (such as "what comes next?") and use least intrusive prompts, rather than reading the schedule to him or telling him "bath time comes next".
- Prior to a transition, remind the child to check his schedule, so he knows what's next.
- Do *not* tell the child what is next; instead have *him* tell *you* to facilitate greater independence and understanding of his schedule.
- When redirecting the child to use his schedule, you can just point to or tap the visual to minimize use of verbal prompts.
- If there will be changes in the day, use a visual schedule to inform the child first thing in the morning, then use it to remind the child of the change during the day (i.e., just before it is to occur).
- If the child asks when something will occur ("when is lunch?"), try not answering this question directly. Instead, tell the child to check his schedule, so he can answer his own question and decrease his dependence on adult prompting during the day.
- Once the child is following his schedule independently, you can consider fading its formal review, but he may still need to use it when changes occur.



Tad's Week						
SUN	MON	TUES	WED	THURS	FRI	SAT
2	3	4	5	6	7	8
		MOVIE NIGHT	MOVIE NIGHT		PICNIC	

## **Daily Visual Schedule Resources**

(all underlined items written in [blue](#) are hyperlinked)

- [First, next, then boards](#) by Seomra Ranga
- [Morning Routine](#) printable by Laura's Crafty Life: <https://adayinourshoes.com/wp-content/uploads/2017/10/morning-routine.pdf>
- [Daily Routine Printables 2](#) by Get Snazzy
- [Printable Routine Cards](#) by Childhood 101
- [Morning routine printable schedule](#) by From ABCs to ACTs
- [Printable Daily Routine-getting dressed](#) by Living Well with Autism
- [Daily Bathroom Routine-Toileting](#)
- [Home and Daily Routine-night time](#)
- [Printable Morning Routine-including medications](#)
- [Printable Morning Routine-no meds](#)
- Clothing Cards to use with morning routines by [Do2Learn](#)
- Daily Routine Cards-Dressing and Undressing-use with morning and night time by [Do2Learn](#)
- Organized Routine Printables by [All Things Fee](#)
- Daily Routine Printables 4 by [Priceless Parenting](#)
- Small Visual Schedule Printables by [Living Well With Autism](#)
- Huge List of Task Card Printables by [Victories n' Autism](#)
- Morning Visual Routine Printable Flash Cards by [Living Locurto](#)
- DIY Weekly Magnetic Visual Board with Printables by [So You Think You're Crafty](#)
- Daily Visual Schedule for Kids Free Printable by [Natural Beach Living](#)
- Daily Activity and Task Cards by [Victories N Autism](#)

### **Visual Schedules for Preschoolers**

- Editable Visual Schedule-from [Teachers Pay Teachers](#)
- [Magnetic What's Up Weekly Board](#)-from So You Think You're Crafty
- Visual Schedule-from [Panda Speech Therapy](#)
- Visual Schedule Preschool Cards-from [Teachers Pay Teachers](#)
- Visual Schedule-from [Teachers Pay Teachers](#)
- Multi-Purpose Visual Schedule-from [Teachers Pay Teachers](#)
- Toddler Morning Visual Schedule-from [Teachers Pay Teachers](#)
- Visual Schedule for Toddlers by [Teaching Mama](#)