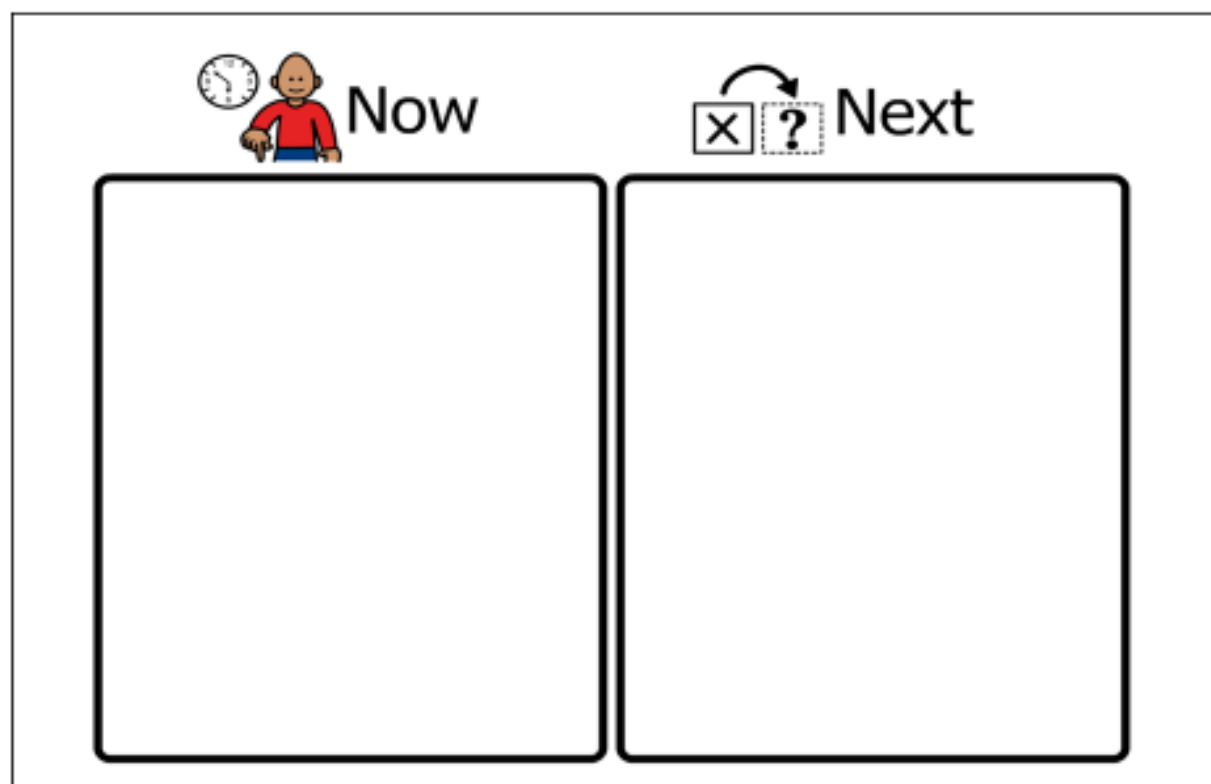


## Visual Schedules to Use at Home



We've created some schedules for you to try at home.

Schedules help children to:

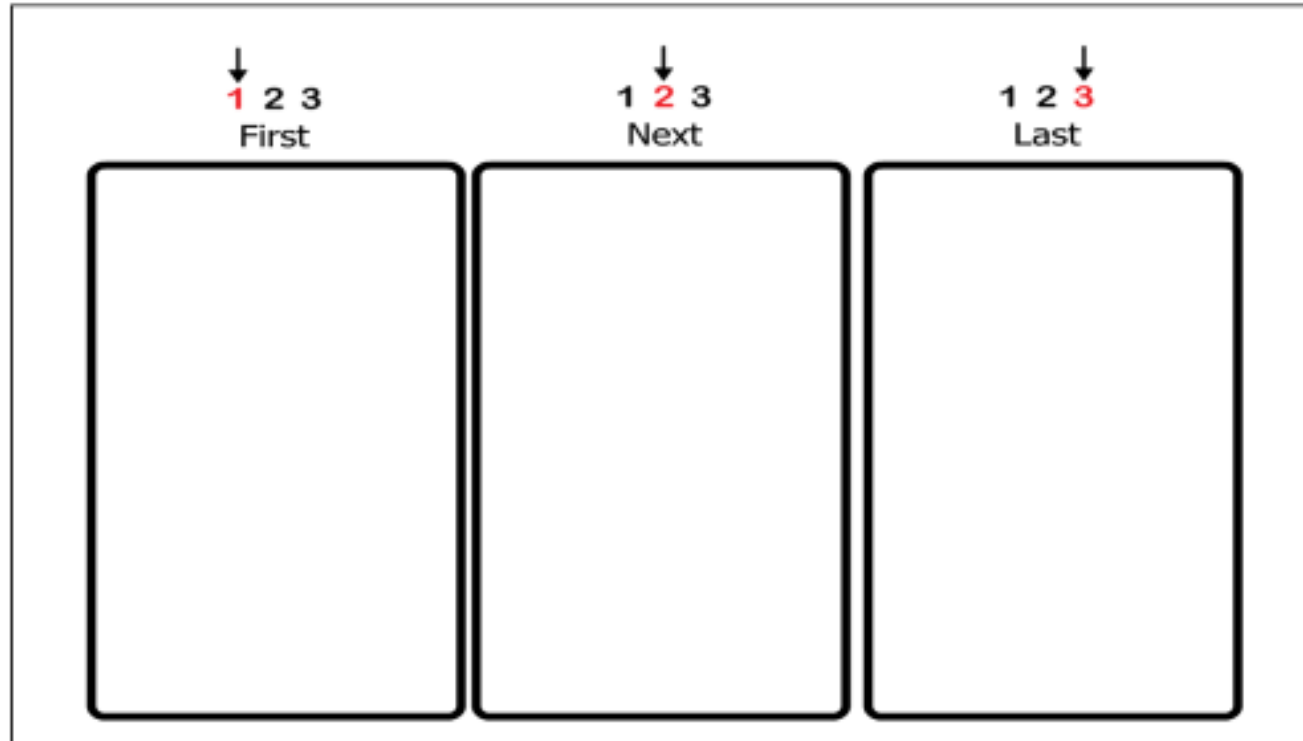
- Understand what's happening next
- Cope with change/keep some routine
- Make a choice

If you need to get a job done it can be helpful if the second activity is something they enjoy!

If your child is able let them 'choose' what their reward is by showing them the activity symbols.

Try using a timer to help your child know how long they can play for e.g. on their iPad.

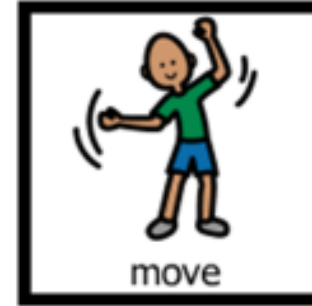
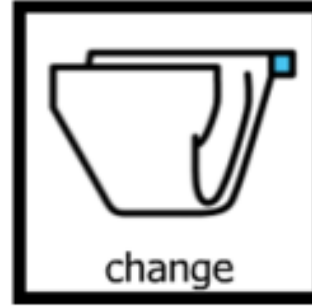
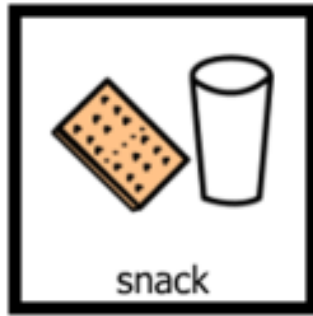
## Visual Schedules to Use at Home



How to use a schedule:

1. Cut out one of the boards and the activity symbols.
2. Place a symbol on each part of the board (use Velcro or bluetack)
3. Try to use a 'reward', for your child to aim for in the 'next' or 'last' space.
4. Show your child the board, point to each symbol individually.
5. Use simple language "breakfast now....play next".
6. When your child has completed the activity or even just part of it point to the next symbol and again use simple language 'breakfast has finished now play'.
7. They could "post" the now symbol into a box or turn it over before moving onto the next activity.

## Visual Schedules to Use at Home



## Visual Schedules to Use at Home

