



Visual Schedule

Visual schedules provide your child with important information during an activity or an entire day. They show your child what will be happening, what will not be happening, and the order that those events and activities will occur. They assist in providing information in a way that your child can process, help ease daily transitions, and show them when they can engage in preferred activities. (ErinoakKids, 2012)

How To Use a Visual Schedule



- Identify if your child requires pictures or just text
- Decide on the activities your child must do during the day (e.g., breakfast, school work, sleep)
- If your child is able to, provide choice in when those must do activities will occur
- Ensure that a preferred activity follows the must do activities
- Work together with your child to schedule other activities they will do
- Verbally go through the schedule while pointing to the activities as you say the,
- Show them how to check off activities when they are completed
- Provide hand over hand prompting or other cues to remind them to check in with their schedule
- When your child is asking for an activity, redirect them to the schedule

| TO DO | ALL DONE |
|----------------------|-------------------------------------|
| breakfast | <input checked="" type="checkbox"/> |
| walk | <input type="checkbox"/> |
| school work | <input type="checkbox"/> |
| special activity | <input type="checkbox"/> |



Why use a Visual Schedule?



- Organize and establish a daily routine
- Help ease transitions
- Provide structure
- Builds your child's independence
- Increase your child's flexibility
- Prepare for change
- Allows for your child to have a say in what activities they do during the day or when they do them

(ErinoakKids, 2012)



Reference:

ErinoakKids. (2012). *Visual schedules*. Retrieved from: <https://www.erinoakkids.ca/Resources.aspx>

