

# Creating a Visual Schedule for Children at Home



A visual schedule is like a child-friendly version of calendars and to-do lists we use as adults, only using pictures. Your child can see a clear beginning, middle and end to the day. Verbal instructions are gone in a moment, but pictures give children more time to process the information. So if they forget or get distracted, they can still be successful without adult reminders.

Have your child help create the schedule that you typically follow throughout the day. This is a great opportunity to cut and glue! Have fun!

## Why Use a Visual Schedule?

- Helps give children a routine
- Helps children navigate their day
- Breaks down the day with pictures
- Helps children focus
- Makes expectations clear
- Reduces power struggles
- Builds confidence and pride

## How to Make:

- Use real pictures (take with your camera or search on internet)
- Display pictures from top to bottom
- Show a clear beginning, middle and end
- Use movable materials (adhere with Velcro or magnets)
- Mark where they are in the day with a movable arrow

## How to Use:

- Hang the schedule in a common area
- Place at children's eye level
- Place the picture cards in the order for the day
- Review the schedule in the morning
- Reference the schedule every time you transition from one activity to another
- Move the arrow or take the card down once an activity is completed



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