

Using a Visual Timetable



What is a visual timetable?

A visual timetable is a series of pictures that illustrate the daily routine - each activity is represented with a separate picture. Place the pictures in a prominent position where your child can clearly see and access them. The pictures can read from left to right, or top-to-bottom. To prevent the timetable from getting too long, just show half a day's (morning or afternoon) activities and change the timetable at lunchtime.

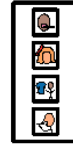
Helping your child to understand the daily routine:

Spend a few minutes at the beginning of the morning with your child putting the pictures on the timetable together and talking about the day.

Decide on an area where it will be kept - this may be on the fridge door or in the hallway - somewhere that is easy to access and frequently check.

After each activity show your child how to remove the corresponding symbol from the timetable to signal that the activity has finished. This can be put in a 'finished' box. This way your child knows that the current activity is always the first picture on the timetable.

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