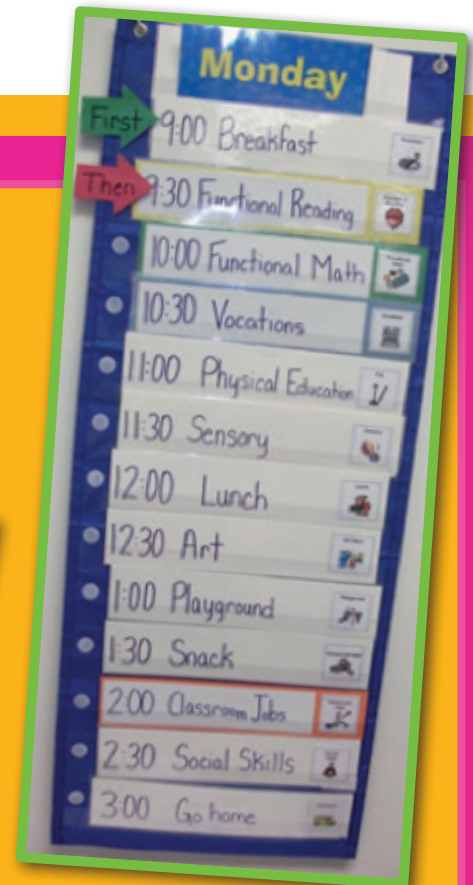


# USING A VISUAL TIMETABLE?



**Lauren's DAILY SCHEDULE**

8:00 am	Morning routine	Brush teeth - Get dressed Make bed - Breakfast
9:00 am	Academics	Math - Writing - Science
10:00 am	Snack time	Snack - Yoga
10:30 am	Creative time	Art - Music - Lego
12:00 pm	Lunch time	Eat - Daily Free Play
1:00 pm	Quiet time	Reading
2:30 pm	Academics	Educational Games - Puzzles
4:00 pm	Free play	Free
5:00 pm	Evening routine	Dinner - Shower Brush teeth - Bedtime

**Monday**

First 9:00 Breakfast

Then 9:30 Functional Reading

- 10:00 Functional Math
- 10:30 Vocations
- 11:00 Physical Education
- 11:30 Sensory
- 12:00 Lunch
- 12:30 Art
- 1:00 Playground
- 1:30 Snack
- 2:00 Classroom Jobs
- 2:30 Social Skills
- 3:00 Go home

## WHY USE A VISUAL TIMETABLE?

Visual timetables are useful for children who have:

- problems with their memories
- high levels of anxiety
- problems with attention and concentration
- difficulties with speech and language
- behavioural problems

## WHAT IS A VISUAL TIMETABLE?

A visual timetable or timeline is a visual account of a task or a child's routine throughout the day. A visual timeline can be used individually with children or as part of a whole group setting.

# HOW DO VISUAL TIMETABLES HELP?

## .....THEY PROVIDE:

### A MEANS THROUGH WHICH THE DAYS ACTIVITIES CAN BE PLANNED AND AGREED IN ADVANCE.

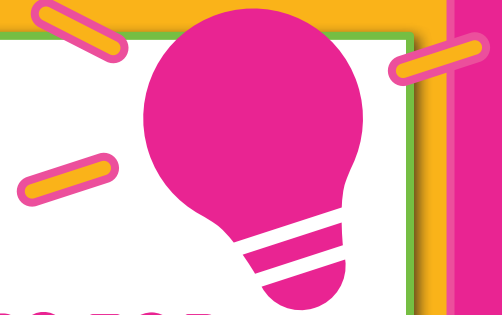
Once your child learns that changes to the timetable only occur in exceptional circumstances, they are less likely to make a fuss about activities that they don't want to do or to try and persuade you to let them do something different. If you have a child who is anxious, or who finds it hard to wait for a favourite activity, the timetable will help them to see exactly what they will do that day. This means that they don't have to constantly be asking you when things are happening.

### A GOOD OPPORTUNITY FOR YOU TO HELP YOUR CHILD GAIN SKILLS IN COMPROMISING WITH OTHERS.

Children are much more likely to accept that they have to do chores, or activities that their brother or sister has chosen, if they can see that something they want to do has been timetabled in later. When using the timetable, you can provide your child with a model of how to compromise – listening to others, talking about what it is you want, finding a solution that fits everyone at least a little.

### A MEANS THROUGH WHICH YOUR CHILD CAN GET THINGS RIGHT AND BE PRAISED.

Many children who have difficulties in the areas above get things wrong a lot of the time. They are used to being told 'no' or 'stop it' and often have poor self-esteem. Visual timetables are a good way of setting small and achievable tasks for your child for which they can then receive praise. Plan in times for your child to help with household chores as well as activities they enjoy. Rather than saying 'no', direct your child to the timetable and ask what they are meant to be doing now or next and ask for their cooperation. Refer back to how you agreed on the timetable together that morning and made it fair for everyone.



## TIPS FOR USING THE TIMETABLE

### 1. Consistency.

The timetable will work best if you always use it in the same way and always carry out the activities that are planned except in exceptional circumstances. This makes things very clear for your child – and of course for you too!

### 2. Manageable Tasks.

Make sure the activities that are timetabled in are appropriate to the abilities of your child in terms of the task itself and the duration that you expect your child to stick at it.

### 3. Praise and Encouragement.

The timetable is not a way of occupying your child while you do something else (although some activities might allow more independence than others). It is important to have fun with your child, join in the activities with them, and give them plenty of praise and encouragement. Remember if your child gains more attention by acting naughty than they do for what you want them to do you will be fighting a losing battle.