

Visual Timetable

Visual timetables/schedules can support your child's understanding of daily activities, routines and when things will happen.

Using photos or symbols to show what will be happening can:

- Reduce difficulties with transitions and waiting.
- Reduce the need to rely on memory.
- Reinforce/back up adult's spoken explanations.
- Reduce the need for your child to rely on others to find out what's happening next.
- Support understanding of sequences.
- Be used to explain changes in routine
- Be used to facilitate choice making.
- Reduce repetitive questioning.

Setting up the timetable:

You will need photos or symbols which reflect your child's daily activities.

You will also need a visual timetable, which can be a horizontal or vertical timetable, depending on what your child is used to.

The timetable can be used at all times of the day, inside or outside of the house.

Set up the morning routine before your child wakes up and starts their day.

Initially, your child may require lots of support to use their visual timetable. However with time they should be able to use it more independently to plan and manage the day.

Using the Timetable:



Step 1: Set up the first routine- max 4 symbols

Photos/symbols should be displayed in the order that they will happen.

Use simple language to tell your child what is happening e.g. "This is what we are doing this morning. First, its time for your shower."



Step 2: When the first activity has finished, direct your child back to the to the timetable e.g. saying "check your timetable".

Take off the first symbol and use simple language to tell your child what is happening e.g. "Shower is finished."

Use the sign for finished to reinforce the message.

Step 3: Direct your child to the next symbol in the sequence e.g. saying "It's time to brush your teeth."

Repeated the steps until you have reached the last photo/symbol.



Step 4: After the final activity is finished, put up the next sequence of activities (max 4 symbols) and begin the process again.

It is important that the photos/symbols are always updated to represent what is happening and are referred back to throughout the day. Everyone should try to use the timetable consistently.