

I feel the need...the need for routine

Children (like us) need routine. Having a consistent daily routine can ease stress and prevent problem behaviors. Just think of the way you feel not knowing what is going to happen next. We can ease some of that for our kids by clearly letting them know what comes next- on a daily and weekly schedule.

How to use a visual schedule effectively:

1. List out the things that are planned to happen in order.
2. You don't have to be tied to a clock time- just an order of occurrence.
3. Start with the big anchors- things that happen every day.
4. Build in plenty of free time or reinforcement time.
5. If your child can read (and likes to read)- use words.
6. If your child prefers pictures- use pictures.
7. Let your child help you make the schedule- give them choices of activities, schedule format, let them draw some pictures- however you can include them!
8. Provide reinforcement for following the schedule nicely.
9. Give prompts or cues to help them stay on schedule when needed.
10. Hang the visual schedule up wherever those events happen. Morning routine- bedroom or bathroom. School time- where you do virtual schoolwork. Self-care- bathroom.
11. You can use a schedule for a whole week, a whole day, or just a short 5-minute routine. Where is your child struggling? Where are you helping them to gain independence?
12. Use the visuals instead of talking at your child. Point to the next picture or schedule line instead of telling them over and over, nagging, or lecturing.
13. Do not punish for getting off schedule or forgetting steps. Help them to do each step and give lots of reinforcement for doing it independently.

My Day

Early morning

Mid morning

Late morning

Early afternoon

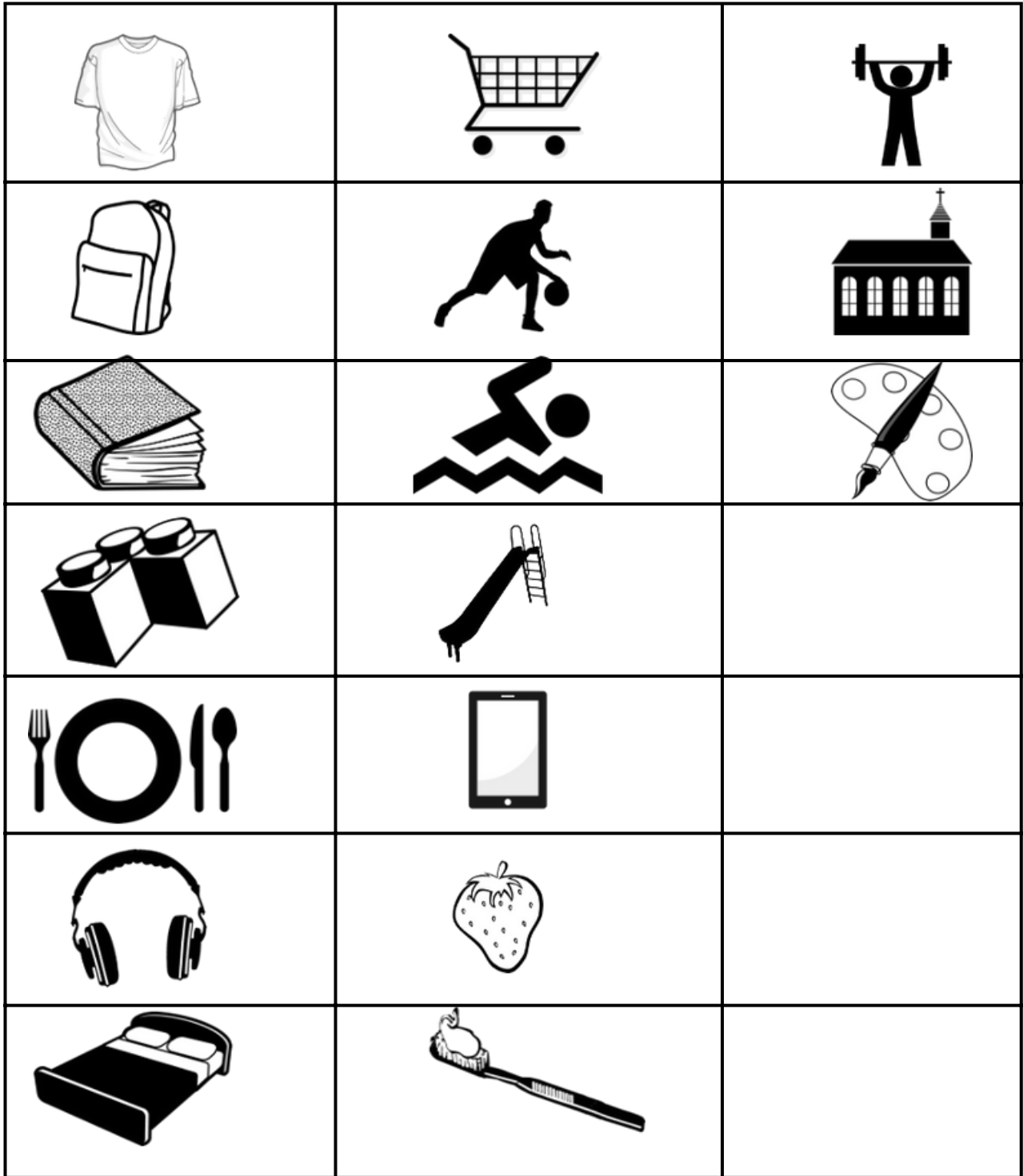
Late afternoon

Evening

Night

Visuals

Cut and paste into the previous page or onto another paper. You can find other icons through a search on pixabay or google images.



WEEKLY PLANNER

Dates: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

DAILY TO-DO LIST

Must Do

Can Do

--	--

Before screen time, I will:

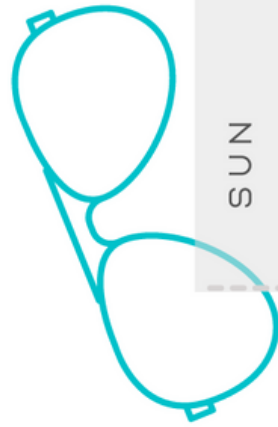
.....

.....

.....

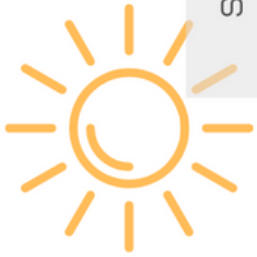
.....

.....



June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

August 2022



SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



2022

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1