

Visual Timetable

What is a visual timetable?

- A visual timetable is a visual routine. You can use the timetable to show the activities that your child is going to complete as part of their routine.
- This may help their understanding of what is happening throughout the day and encourage them to anticipate and engage in routines.



How to use the visual timetable:

1. Place the timetable in a clear place that your child can easily see.
2. Place a small number of symbols down the strip which illustrates which activities your child is going to do.
3. Show them the symbol as you begin an activity.
4. When the activity is finished, remove it. You may need to do this for your child initially, but with time, they may begin to do this more independently.

Strategies to Ensure Success:

- It may be helpful to take the timetable and a bank of symbols out with you, so that you can always show your child what is coming next.
- It does not matter whether the timetable is **horizontal or vertical**.
- You may be tempted to take away the visual support as the child is now able to follow the routine. However the visual timetable **should grow with the child**, and increase in complexity as the child is expected to achieve more.
- As a child, we **start by** understanding pictures/photographs, then symbols, then words. Consider this when designing your child's visual timetable.



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