



Schedules

A visual timetable is a schedule that uses objects, photos, pictures, symbols or words to show what is planned for a child's day or a particular routine such as getting ready for bed.

A visual timetable:

- Gives structure to a child's day
- Promotes independence
- Reduces anxiety
- Builds upon a child's strength as a visual learner

The child may then build on this by using a micro schedule for activities, such as using the toilet, washing their hands or getting dressed.

