









Routine Schedules

For a young child, 6-7 years and below, the best way to develop a visual routine for them is by using pictures of THEMSELVES or THEIR THINGS.

Below is an example of a morning routine using cartoon pictures, when making this for your child use pictures of them.

Example:

			
Get up	Breakfast	Brush teeth	Get dressed
			
Pack bag	Shoes on	iPad	School

How to set-up and use a visual routine

- Start with a board displaying each step of the routine on a separate laminated card with Velcro or blu tac on the back.
- Once your child has completed the first activity on the board they remove it and place it into a finished box (This is generally an old tissue box or shoe box with a cut in the top to 'post' the finished cards. You could decorate the box together beforehand.)
- Generally the last activity on the board is one they would really like to do before going in the car to school/pre-school etc.

