

Using Visual Supports to Display a Routine

Daily routines are predictable events with a consistent beginning, middle and end that you perform in the same way all the time. Routines help children feel secure and comfortable. Routines can include activities for an entire day, or steps in a specific activity such as toileting.

Visual supports, such as calendars, agenda books, first/then boards, pictures, charts or drawings help show your child each step involved in regular routine activities.

To help your child learn about following routines, please use the following strategies.

Strategies:

- Use **visual schedules to display a routine** to help your child:
 - stay on task during meal times, daycare, etc.
 - understand what activity is coming next;
 - develop self care skills, like dressing or bathing;
 - learn new routines, like toilet training or preparing a snack.
- Draw your child's attention to the **visual schedule** while talking about each step as they work through the routine.
- Keep the routine schedule in the **same place** so your child knows where to look for it. Some examples of **visual schedules** include:

GETTING DRESSED

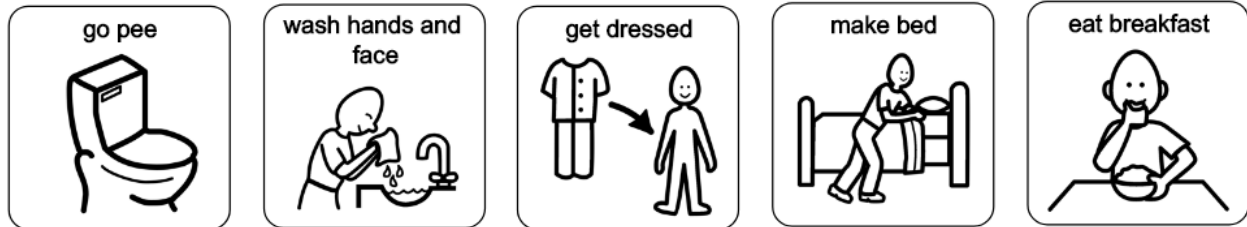


EATING A SNACK



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MORNING ROUTINE



Remember:

- Always give specific verbal praise when your child follows a routine. Make appropriate comments such as “**Great work getting dressed!**”

Daily practice will help children develop these skills. Choose a time each day when there are limited distractions or time pressures to practice one or two suggested strategies.