Would a Visual Timetable be useful for your child to use at home during this time of uncertainty?

- A visual timetable can be particularly useful when the routine changes and children loose the structure that they rely on each day.

- Structure and routine gives us all stability and makes us feel safe and secure. Children thrive on structure and routine, especially in times of uncertainty.

- A visual timetable can be particularly useful for children with communication difficulties. It helps them understand what will happen throughout the day.

- A visual timetable can be helpful for children with autism or children with other additional needs who need structure and need a new daily routine to be established while they are at home.

- A visual timetable helps adults to be consistent which supports wellbeing and decreases anxiety.

- Even if your child no longer uses a visual timetable at school they may need one to help them cope with this change in routine.

- Remember ‘words without pictures disappear!’ Visuals help children to focus their attention and process information when spoken words are often not heard or they are distracted easily.

- A visual timetable can help parents balance formal academic activities with more informal fun activities. All activities are great learning opportunities and more importantly they can support children’s mental health and wellbeing!
**Instructions for use:**

- Print and cut out the visuals. Laminate if possible (to make them last longer).
- Attach Velcro or blue tac to the visuals you want to use or use pegs.
- Use a piece of card, a strip of velcro, a piece of string (like a washing line), or the outside of a ring binder to make the base of a timeline.
- Place the visuals in a sequence to make a visual timetable.

For early years children it is easier for them to read this from Top to Bottom (vertically).

For children who can scan from left to right (for reading and writing) you can place visuals horizontally.

- You don't need to present children with visuals for the whole day. You can put parts of the day on the timetable and then change it.
- Try and teach your child to take off the visual when each activity is finished and to check what is happening next. This will help them become more independent.
• For children who find it tricky to finish the activities they enjoy it might be helpful to use a timer to show them how long they have left and that the activity is coming to an end. This can be sand timer so that they can see or you can use a cooking timer, a timer on a phone or set a timer on Alexa! It amazing how if the 'Timer' says the activity is finished it has more of an effect than you saying it!

Let me know if there are any activities I have not thought of that you need. I have included a visual for you to use for those unplanned activities that may arise.

Let me know if there is anything else I can help you with. If anybody needs a timetable made for them let me know and we can work this out.

Stay safe and well. Get in touch if there is anything I can support you with.

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