



Importance of a Schedule

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Why are Schedules so Important for Children?

Like adults, children feel more confident and secure when their daily activities are predictable and familiar.



Importance of a Schedule

The predictability of a schedule could help eliminate negative behaviors and anxiety.



Importance of a Schedule

A schedule can help a child:

- Feel in control of their environment
- Feel safe, secure and comfortable
- Know what is happening now and what is to come
- Know how to complete an activity or task
- Actively engage in learning activities.



How to Start a Schedule

- Start by keeping it simple
- Break down your day into manageable units (example: nighttime routine)
- Keep it consistent



Different Types of Schedule

- Visual Schedule (including picture schedules, written schedules, digit schedule)
- Checklist
- First/Then boards



Benefits of a Visual Schedule

- Promotes Predictability: which can help reduce stress and anxiety. This can help limit or deduce meltdowns.
- Enhance Communication: can help children with different communication styles express their needs.



Benefits of a Visual Schedule

- Supports Transitions: Transitions can be a challenge for some children-schedule can help with easy the stress of transitions.
- Encourage independence: this helps children to take responsibility of their own daily schedule and learn life skills.



Introducing/ Making a Schedule

- Start with first/ then concept
- Identify the target skill/routine
- Find the right visual for your child
- Keep the schedule assessable for the child to see and interact with



Introducing/ Making a Schedule

- Involve your child in the process of making the schedule
- Outline expectations



Sleep Schedule

- A sleep schedule is crucial for children.
- Lack of sleep can cause behavioral and cognitive difficulties for children as well as have a negative impact on their overall health.
- Having a night-time routine which allows for a proper night's rest is paramount.

Examples of a Schedule

NIGHT ROUTINE



HOMework



DINNER



BRUSHING TEETH



GOING TO BED

Examples of a Schedule

