



speech pathology for schools

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Visual Schedules

A visual schedule is made up of pictures or words showing a sequence of events to be completed. It could be a schedule for getting ready for school in the morning, for completing after school activities like homework and sports practice, or a weekly schedule showing what will happen across the week.

There are a number of advantages to having a visual schedule in your home.

1. **Calm children.** Children are often more settled if they know what is going to happen and when it will happen. A visual schedule allows a child to know what to expect during the timeframe and what will happen next. It provides a structure that the child can rely on. This can help a child feel more secure in their environment. A child who feels secure will be more interested in what is happening and complete tasks more easily
2. **Independence.** If a child uses a visual schedule then they know what is required of them. A child who can see that they need to get dressed, eat breakfast and brush their teeth is more likely to start to do these things independently.
3. **Flexibility.** The advantage of visual schedules is that they can change each day. For example, if a child has swimming on a Tuesday afternoon, or a playdate on a Friday, then these can be added to the schedule so that the child can mentally prepare for the event.
4. **Language and Literacy Development.** Children will learn concepts such as 'later, first, next, last' during your discussions about the visual schedule. If you add words to the pictures you use on your schedule, they will begin to recognise these words and start to use them independently.

Visual schedules can be as complex or as simple as your child and your family needs them to be, but they can add stability to your everyday life, even when you feel like you are rushing around!