

## Visual Timetables

Visual timetables are a visual representation of the agenda/schedule devised to help the child understand the set of activities that they would be taking part in. This is a simple way for the child to go through his/her scheduled activities sequentially. This also helps the child to establish their expectations, thus reducing uncertainty that comes with not knowing what the next activity is. Visual timetables enable structure through the day helping them take more control and be an active participant.

Visual timetables can be in the form of objects/ pictures/ symbols/ photographs depending on what would be appropriate for your child. You could use this for a short period of time or throughout the day. This could be the Morning/evening/Wednesday or even a couple of activities.

### Using a visual timetable.

Get hold of visuals for each activity that your child enjoys participating in (e.g.: picture/symbol of paint/colours indicating art; picture/symbol of book for reading etc).

You could start of with 2-3 pictures and progress onto more.

The child needs to have the visual timetable placed at eye level, so it is easily accessible to him/her.

Prepare the agenda for the day and have the visuals ready for the activities before the child starts their routine activities.

Get the child to look at the timetable so they understand what is on the list before they start the activities and then assist them to remove each activity as and when they complete it and progress onto the next. This can then be placed in a finished box and can be reused.

Have the visual schedule present even if the child is coping well with their routines. Having this consistently is reassuring for them still.

Note: If you would like resources or support regarding this please contact the communication team at Bradstow and we would be more than happy to help

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