

# HOW TO USE VISUAL SCHEDULES & SUPPORTS

## VISUAL SCHEDULES

use pictures to outline a daily schedule, a specific part of the day, or steps to complete a task.

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### Benefits of a Visual Schedule



Provides predictability



Decreases anxiety



Gives cues for transitions and change



Increases sense of control

### Helpful Tips

Provide a way to **check off** or **remove** each step to help your child feel more accomplished and stay focused.

**Show** your child how to do the steps and provide prompts and reminders as he or she begins to use the schedule. This speeds up learning and shows that you are there to help.

## SOCIAL STORIES

outline what is expected in a situation and how to cope with or respond to things that might happen.

### Using a Social Story

1. Read **before** the event (e.g., a trip to the store), so your child knows what to expect and can prepare for the upcoming situation.
2. Read again **after** an event to help your child process the situation and how he or she responded.

### Helpful Tips



During the event, use language from the story to prompt your child's actions.



Social stories should be supportive, not punishing.

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