

HOW TO CREATE  
**A VISUAL  
ROUTINE  
CHART**



EFFECTIVE PARENTING

# How to Create *A Visual Routine Chart*

#1

Write down your child's activities from the time he wakes up, to the time he goes to sleep.

#2

Prepare pictures that will remind your child of what she should do next. You can get the pictures in many ways:

- Take pictures of your child doing the activity, and print them out. (Take a photo of her sleeping too!)
- Look for pictures from the internet.
- Use some of the pictures here, if they are applicable to you. We also included a sample visual schedule to help you get started. You may print this out and use this if it applies to you. Each child and each family is unique, so your own routine may be very different from what is in the sample here.

#3

Put the pictures in order, and stick them where your child can see them easily. You can also put them in the sheets provided here. Give the visual routine chart a fun name like, "My Wonderful Day" or "My Fun Schedule".

#4

When it's time for the activity, show the picture in the schedule to your child. You can ask, "What do we do next?" With time, this will help your child understand that this is his routine.

#5

There may be days when you don't get to follow the routine. That's OK! Don't be too stressed about it.

# My Wonderful day


# My *Wonderful* day



**Wake Up**



**Active Play /  
Outdoor Time**



**Wash Hands**



**Eat Breakfast**



**Brush Teeth**

# My *Wonderful* day



**Independent Play /  
Toy Time**



**Play with  
Mom/Dad**



**Wash Hands**








**Eat Lunch**



**Brush Teeth**

# My *Wonderful* day

	<b>Bath Time</b>
	<b>Nap</b>
	<b>Active Play / Outdoor Time</b>
	<b>Wash Hands</b>
	<b>Eat Dinner</b>

# My *Wonderful* day



**Brush Teeth**



**Bath Time**



**Family Time**



**Reading Time**



**Bed Time**

# Sample Images for *Your Visual Routine*





Sample Images for

# *Your Visual Routine*

