

Behavior Support: Using a Schedule

Using a schedule helps you and your child know what to expect. It gives structure to your day. It also helps prevent problems because it lets your child know when the fun things will occur.

What you will need

- kitchen timer
- activities for your child to do
- reward items for your child to earn
- schedule items (objects, pictures, written)

What to do

1. First, decide which type of schedule your child needs. This should be based on a short list of things your child could achieve on their worst day. Use a timer as a tool to help your child understand the amount of time set aside for an activity.
 - **Object Schedule:** These are best used for children with few to no language skills. Use items that are related to the task. For example, lay out a diaper, a spoon and a coloring book. Hold up the item that is next, hand it to your child, and begin prompting the activity. In this case, the activities are diaper change, eating and coloring. Make sure the items you use stay the same each time so your child learns what they represent.
 - **Visual Schedule:** Use a visual schedule when your child can match pictures. The pictures used can be photos, computer-made pictures or pictures that you draw yourself. Point to the picture or have your child match an identical picture and then give the instruction to start the task. You can cross off or remove each picture as you complete it.
 - **Written Schedule:** Use this schedule for children with reading skills. The list can be written or typed. Read to your child or have them read the next item. When each activity is done, cross it off the list.

