



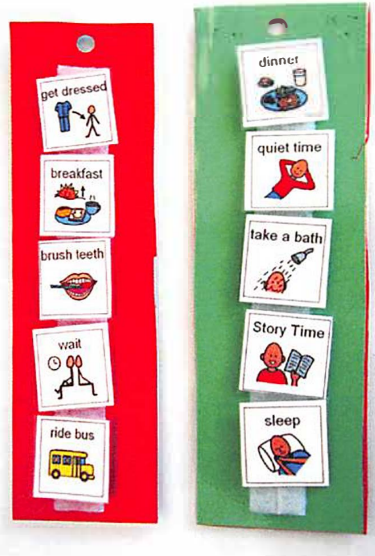
Visual Schedules

What Are They?

Children with FASD often have strengths in understanding visual information.

Visual schedules are a series of images that represent a series of activities or steps of an activity. They are used to help children with FASD anticipate events in their day and learn about and understand their environment. Visual schedules use pictorial cues and minimal words to provide structure to an activity, routine or the entire day. Photographs, symbols or physical objects may be used.

Visual schedules outline expectations for children in a way that is easy to understand. Children should begin using the schedules with adult assistance, and slowly, with guidance, they learn to interpret the schedules independently.



Visual Schedules Can Help Your Child with the Following

- Transitioning into another activity or new situation (e.g. summer to school)
- Remembering the steps to an activity or a series of tasks
- Anticipating the next activity or next step
- Lessening behavioral outbursts
- Planning within their environment
- Paying attention to tasks
- Attending to and understanding verbal instructions

Why Use It?

- Visual schedules allow children to gain independence and focus on tasks in the home and at school.
- In younger children, this means that play skills may improve and behavior outbursts lessen.
- Older children may become more independent in carrying out everyday skills for living.

Useful Websites:

- www.connectability.ca/visuals-engine/
- www.boardmakershare.com/You/Home
- www.visualaidsforlearning.com
- www.do2learn.com/sitemap/index

TIPS FOR USE

- To be effective, parents must first assist and reinforce the use of visual schedules with their child. Over time, less supervision will be needed.
- Use initially with a few favorite activities and slowly expand use of visual schedules to other less-favoured activities.
- Visual schedules can be inexpensive, simple to do, and easily transportable. Just be creative!
- Parents can create visual schedules by drawing images, taking computer images from clipart or the Internet or cutting them out from magazines.
- The best way to ensure visual schedules can help your child is to keep them consistent and easy to understand.



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