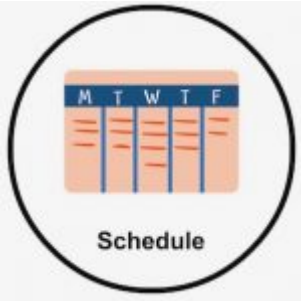
Guest Post! How to make a schedule for a child with Autism



Today we have a guest post from Meg Proctor, an occupational therapist and autism specialist; focusing on schedule creation. Check her out www.learnplaythrive.com and sign up for her mailing list, or follow her on Facebook at facebook.com/MegProctorOT for more help with schedules and other daily routines.

Schedules:

If you've ever tried to make a schedule for a child with autism, you may have started out strong and then suddenly had lots of questions. Should I use pictures? Words? What should my child actually *do* with the schedule? What happens when it needs to change?

This infographic walks you through some of the questions you can ask your self, as you individualise a schedule for your child's learning style. I always recommend that families make the first draft "quick and dirty" in case you need to make changes. For most of us, once you laminate everything and make it pretty it's hard to want to make changes.

Making a schedule can be a trial and error process. But once you make it, try teaching it to your child over the course of a few weeks and see what happens! If it works for them, you should see transitions start to get easier, and daily life may

develop a new, relaxed rhythm.

Infographic:

Making Schedules for Kids with Autism



1 WHAT TYPE OF SCHEDULE?

Use what the child always understands, not what they sometimes understand.

OBJECTS

For concrete thinkers, select an object the child will use where they are going



PHOTOGRAPHS

For kids who don't understand drawings, use a photograph of the activity



DRAWINGS

For kids who aren't reading but understand pictures, use cartoons or stick figure pictures



PICTURES WITH WORDS

For emerging readers, pair pictures with the words



WRITTEN

For strong readers, use a written list



2 HOW DO THEY USE THE SCHEDULE?

TAKE THE OBJECT OR PICTURE TO A NEW LOCATION

Best for kids who get distracted and for kids who like matching



MARK OR CHECK OFF LIST



MOVE PICTURE TO FINISHED

Best for kids who don't get distracted between the schedule and the next activity



3 HOW LONG IS THE SCHEDULE?

ONE ITEM

How much information can they understand and use?

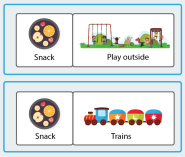


FULL DAY

4 HOW CAN YOU WORK ON FLEXIBILITY?

Don't always put things in the same order

The schedule should tell them what to do, not their memorized routine



Make small changes during the day and show them on the schedule

Start with easy changes



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To get help for your child with autism, visit:
www.learnplaythrive.com

Check out our blog post that builds on Meg’s ingorgraphic about Why Therapists want me to use visuals at home here.

For a range of free visuals check out our page here.