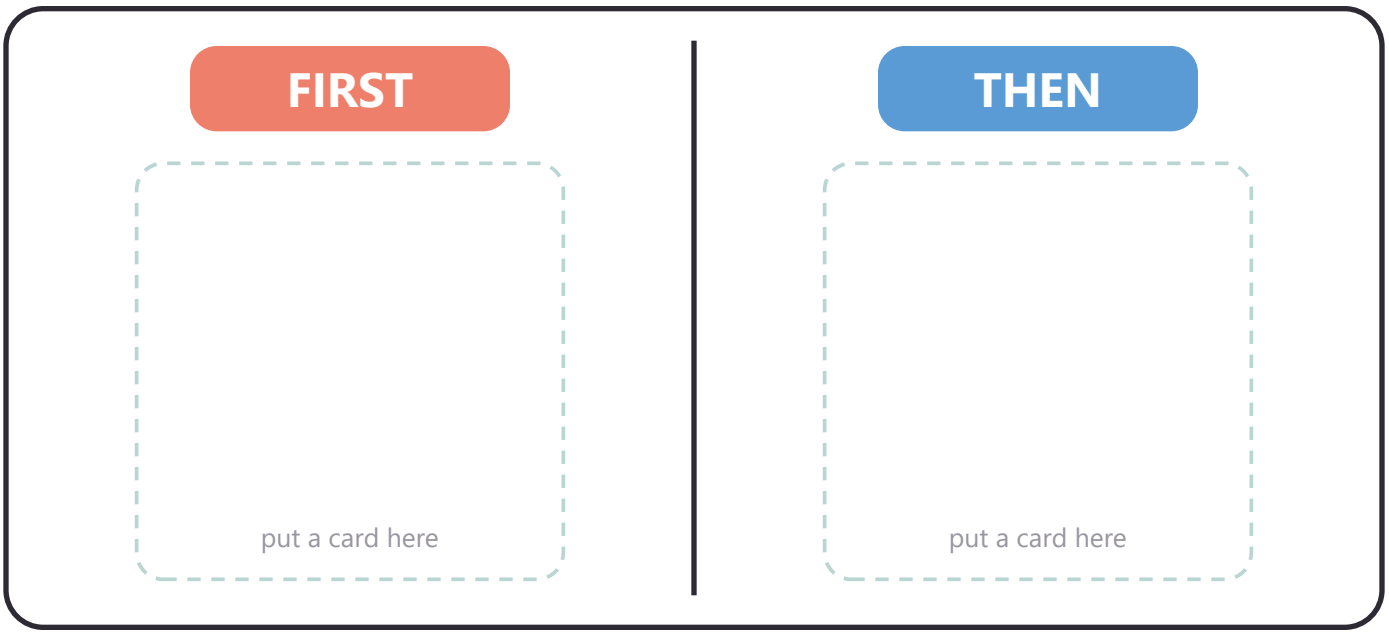
Visual Schedule

Picture cards that show toddlers what's now and what's next

How to make it

1. Pick the part of the day that's hardest (mornings, bedtime, leaving the house).
2. Choose 3 to 6 cards for those steps, in order. Fewer is better for toddlers.
3. Put something fun right after something hard: clean up, then outside.
4. Print on cardstock. Cover with clear tape or contact paper so the cards last.
5. Stick them on the board (page 4) with tape, Velcro or magnets, in order 1 to 6.
6. Post it at your child's eye level, somewhere you pass often, like the kitchen.

Using it: show your child the schedule, check it together ("Let's see what's next"), and let your child move each finished card into the All done pocket. Celebrate the hard steps.



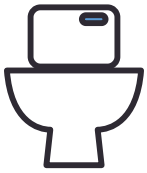
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Picture Cards

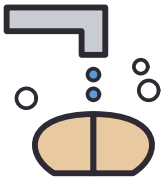
Cut along the dashed lines. Cover with clear tape to make them last.



Wake up



Potty



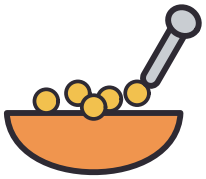
Wash hands



Brush teeth



Get dressed



Breakfast



Shoes on



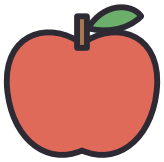
Daycare or school



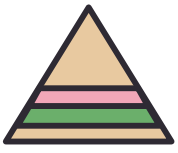
Car ride



Play



Snack

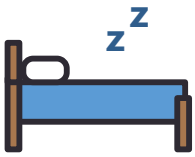


Lunch

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Picture Cards

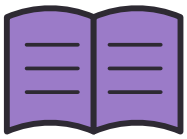
Cut along the dashed lines. Cover with clear tape to make them last.



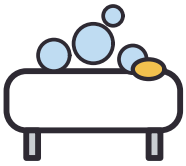
Nap



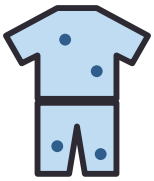
Outside



Read a book



Bath



Pajamas



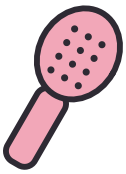
Bedtime



Clean up



Music time



Brush hair



Coat on



Drink water



All done

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My Schedule

Stick cards on in order, 1 to 6. Move each one to All done when it's finished.

1

2

3

4

5

6



All done!

Cut out this box, fold the bottom up along the dashed line and tape the sides to make a pocket. Finished cards go inside.

fold up here

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Sample Schedules

Start with one of these, then change it to fit your family

Morning


Wake up


Potty


Get dressed


Breakfast


Brush teeth


Shoes on

Day at home

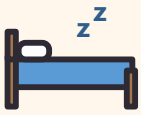

Breakfast



Play


Outside


Lunch



Nap


Snack

Bedtime


Bath


Pajamas


Brush teeth


Potty


Read a book


Bedtime

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