

Using visual timetables

Step 1

Before starting your visual timeline, identify the **key parts** of your day that you want to be represented. These could be:

At home:

- Wake up
- Breakfast
- Brush teeth
- Play
- Nursery / School
- Shops
- Park
- Dinner
- Bath time
- Bedtime

At nursery:

- Hello time
- Song time
- Free play
- Snack
- Messy play
- Lunch time
- Nappy change
- Story time
- Nap time
- Home time



Step 2

Decide whether you would like your visual timeline to have pictures or symbols. Create a picture / symbol card for each of the **key activities** that you have chosen.

Step 3

Display the picture / symbol cards for the day, somewhere that your child can see them.

Tip! Make sure the timeline is at your child's eye level, so they don't have to look around to find it



Step 4

At the start of your day, bring your child to the timeline to show them the activities that are going to happen.

Immediately before an activity happens, take your child to the timeline to show them, or take the the picture / symbol card to them.

Once an activity is *finished* take the picture / symbol card down from the timeline.

Key points to remember

Visibility

Make sure your timeline is visible throughout the day! This way children can refer back to it, and you can refer to it to remind children “what’s happening next”.

Consistency

Check what other picture / symbol prompts you’re using throughout the day! If you’re using them to represent the same activities that are in your timeline, make sure the pictures / symbols are the same!

Make it fun!

Get your child involved with the visual timeline by asking them to find “what’s next” or having a “finished” post box for them to post finished activity cards into.

Talk

Always talk while showing pictures / symbols on the timeline. Make sure you don’t just point to or show symbols; we want the child to have the opportunity to hear the language as well. You can also support your language with Makaton signs where possible.

Help your child

When you introduce the visual timeline, your child may not understand what each picture / symbol means. Support them to transition initially by helping them to move to the appropriate area for an activity immediately after showing them the picture / symbol.