CHILD CARE ANSWERS

FOR THE FAMILY:

Tips for Using a Picture Schedule

We use picture schedules to help children know expected behaviors and routines. They are a great tool for any young child; however, they are especially helpful for children who struggle with anxiety and behaviors during transitions.

How to Use:

1. Print and cut.
2. Glue on index card or laminate.
3. Use a hole punch to punch a hole on each card. Connect together using a binder ring.
4. Put in order of your family's bedtime routine.
5. Talk about it. Say something like, "These are pictures that will help us remember what is next."
6. Show pictures as you are starting and finishing each task.

It takes time for a child to develop a new routine, and it will not always go smoothly. With practice, you will find a rhythm in your routine.

Personalize

Picture schedules work best when they reflect your family's routine. Personalize cards, as needed, to best support your child at home.

Have a Special Place

Place your picture schedule in a place where your child can easily access it and use it. You can put it on a ring that can travel with your child or you can hang it on a wall.

Add Pictures

You can have your child draw the pictures of each step or you can take pictures of your child doing each step. Print and use your own pictures to help build excitement and understanding.

GET MORE RESOURCES!

Our website includes dozens of resources to help you in your parenting journey or your child care search.

MY BEDTIME SCHEDULE

DINNER

PLAY TIME

BATH TIME

BRUSH TEETH

USE TOILET

WASH HANDS

READ A BOOK

SING A SONG

BEDTIME