



## USING VISUALS IN THE HOME

Timetables are useful at home to help children with social communication disorders understand what is happening now and what is going to happen next. They can help children cope with change and reduce anxiety. You can use objects e.g. cup, coat or towel. Photographs, e.g. of the car or nursery, symbols or word can also be used depending on what the child will understand.

- It can take several weeks for a child to make the link between the object, photograph or symbol and the activity.
- It is important to start with a simple timetable and use it consistently everyday. Introduce with one activity at a time and build up gradually as your child is ready.
- Put the object or timetable in an easily accessible place at the child's eye level.
- Prior to the activity show the child the object, photograph or symbol and link with a simple word or short phrase, for example, hold up the towel and say 'bathtime', or show the photograph or symbol of the swimming pool and say 'going swimming'.
- When the activity is completed, encourage the child to put the photograph or symbol in a wallet or posting-box and say, for example, 'finished'; then look at what activity comes next.
- The timetable can also be used to encourage the child to attempt / complete an activity on which he is not too keen. Make the second activity one which he find particularly enjoyable e.g. 'FIRST brush teeth, THEN story'.

FIRST	THEN
Brush teeth	Story



- When your child is ready, introduce more activities.

Wash	Breakfast	Nursery	Home	Lunch
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- Children with social communication difficulties often have difficulty with planning the steps of an activity. Everyday tasks can be broken down into manageable steps using picture symbols e.g. brushing teeth.

Get brush	Toothpaste on	Brush Teeth	Spit in sink	Brush away
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