

Schedule Cards

Schedule cards are a great way to create a structured and predictable routine for your child at home. They help children understand what to expect throughout the day, promote independence, and can be useful tools for managing time and transitions.

Materials Needed

- Printed or hand-drawn schedule cards with various daily activities
- A display area (For example: a bulletin board, refrigerator, or wall)
- Velcro strips or magnets (optional, depending on how you plan to display the cards)
- Prepare Your Schedule Cards
- Choose the schedule cards that best match your child's daily routine. Examples might include "Breakfast," "Waterford Upstart," "Outdoor Play," "Lunch," "Quiet Time".
- Arrange the cards in the order they will occur during the day. You can customize this based on your family's routine.

Create a Display Area

- Choose a place in your home where the schedule will be visible to your child. This could be in their room, in a common area like the kitchen, or wherever your family typically gathers.
- If using Velcro or magnets, attach one side to the back of each schedule card and the other side to the display area.

Introduce the Schedule to Your Child

- Explain to your child how the schedule will help them know what to expect throughout the day.
- Walk them through the order of activities, pointing out each schedule card as you go.

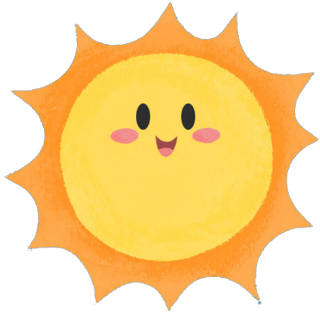
Use the Schedule to Support Transitions

- Before transitioning from one activity to the next, remind your child of what's coming up by referring to the schedule.
- Praise your child for successfully moving from one activity to another.

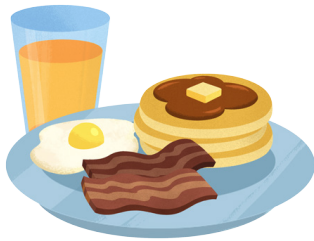
Tips for Success

- While the schedule provides structure, it's important to remain flexible. If plans change, show your child how to adjust the schedule cards to reflect the new plan.
- Encourage your child to be involved in this process, which can help them learn to adapt to changes.
- At the end of the day, review the schedule with your child. Discuss what they enjoyed, and ask them if there's anything they'd like to add or change for the next day.
- As your child's routine or interests change, update the schedule cards to reflect their new activities. This keeps the schedule relevant and engaging.
- Use the schedule daily to establish a strong routine.
- Allow your child to help create and arrange the schedule. This gives them a sense of ownership and responsibility.
- Celebrate your child's successes with the schedule to encourage continued use.

Schedule Cards



Wake Up!



Breakfast



**Waterford
Upstart**



Lunch

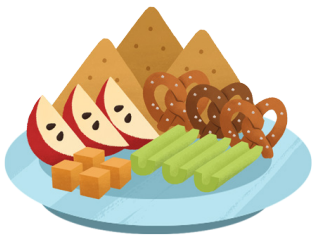
Schedule Cards



Outdoor Play



Quiet Time



Snack Time

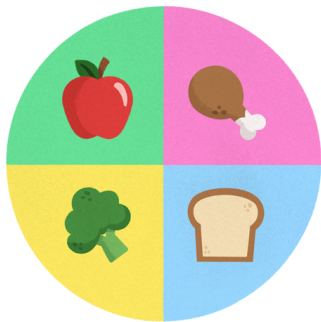


Arts & Crafts

Schedule Cards



Music & Movement



Dinner



Story Time



Bed Time

Create Your Own Schedule Cards
