



# DAILY ROUTINES & VISUAL SCHEDULES



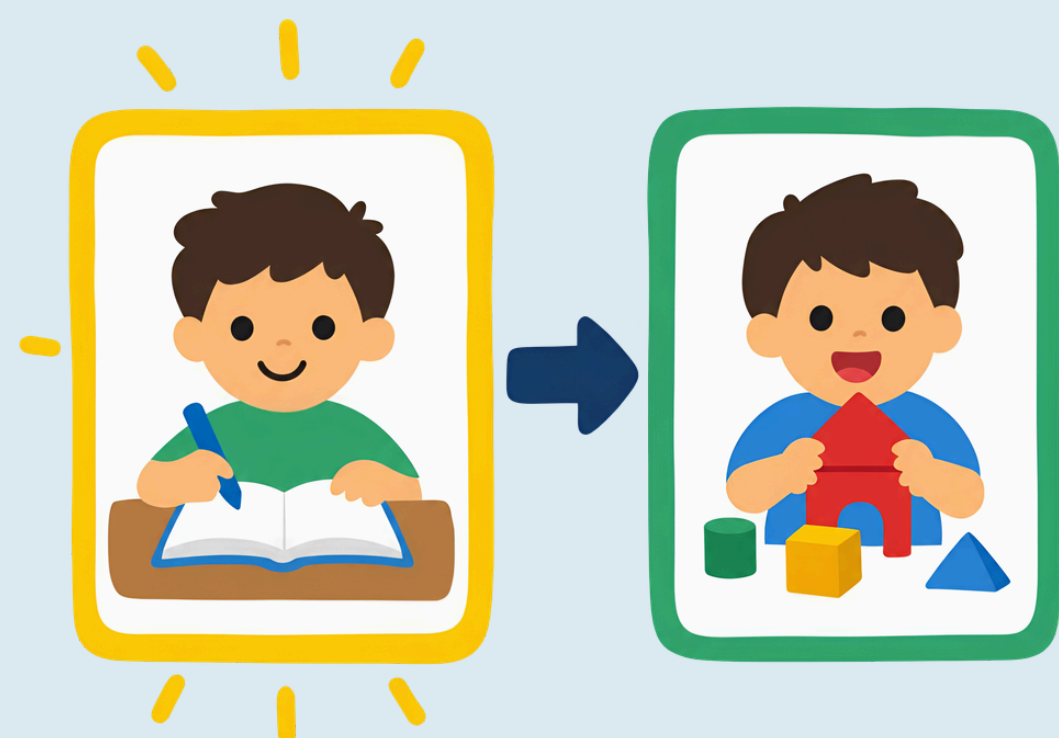
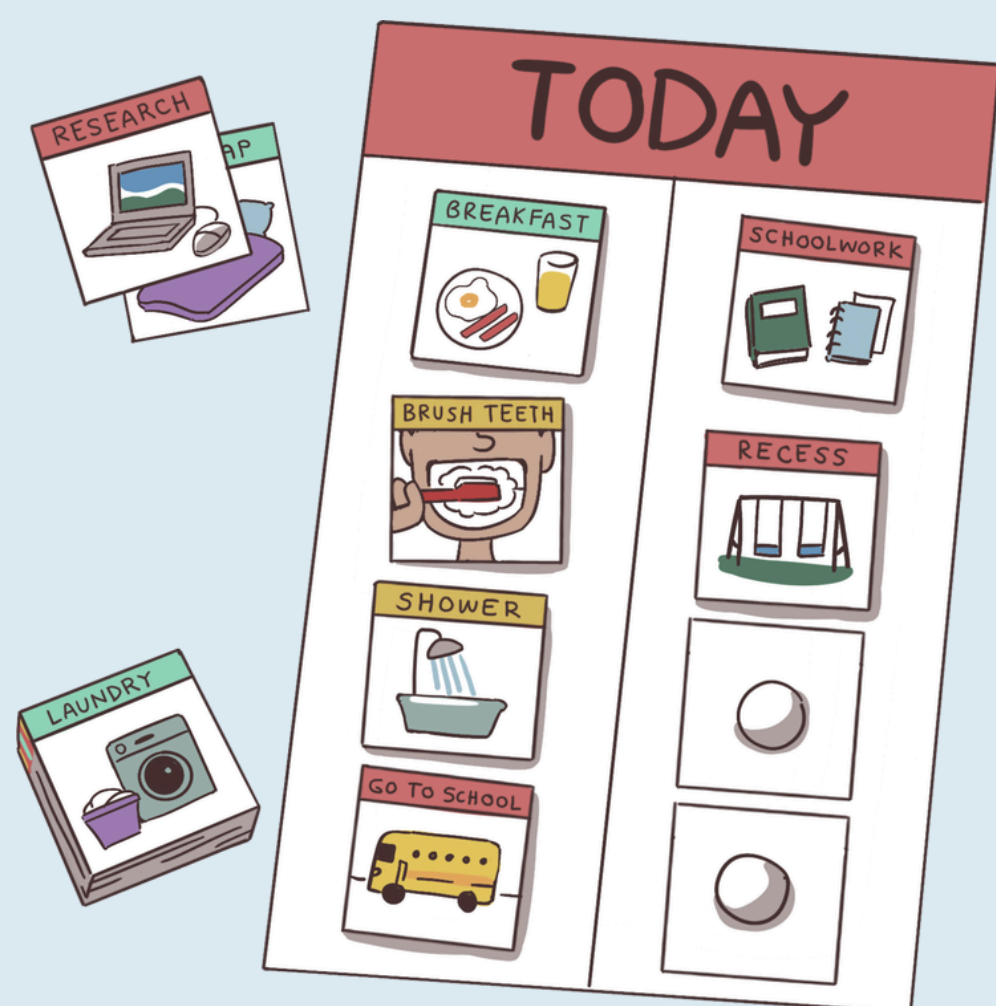
## ROUTINE

- Routines can provide children with structure and predictability, and help them understand better expectations
- Routines may consist of daily activities, mealtimes, family routines, school tasks, recreational activities, and morning and nighttime routines.
- Maintaining consistent routines can be beneficial and support self-regulation by preparing for tasks and transitions
- Following routines can also be valuable for developing executive functioning skills, including planning, organizing, and sequencing

## VISUAL SCHEDULES

- Visual schedules are tools that can involve pictures, symbols, or words to present the sequence of an activity or routine
- These can help support the understanding of task expectations and the activities involved by breaking routines down into smaller steps
- Using visual schedules may help support children's regulation, independence, executive functioning skills, and participation in meaningful occupations
- There are numerous formats or types of visual schedules and prompts that can be incorporated into a daily routine, depending on a child's individual needs and skills
  - Can utilize picture, word, object, or even video-based visual schedules

## EXAMPLES OF VISUAL SCHEDULES



# MORNING ROUTINE

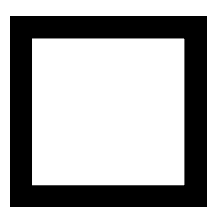


- Morning routines can be busy and overwhelming
- Some children may experience difficulty managing morning routines and transitioning between the steps and tasks required
- Common challenges children may experience during morning routines may include:
  - Difficulty transitioning from sleep/rest to morning activities
  - Challenges in remembering all the steps of the routine in the correct order
  - Limited independence in self-care tasks (brushing teeth, getting dressed)
  - Feeling overwhelmed by tasks or rushed due to time

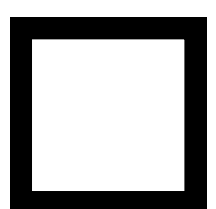
## TIPS

- Use a visual schedule to break down tasks into simpler steps
- Use a timer to support time management
- Place the visual schedule in an easy-to-find and common location child will check and have access to
- Use visuals and pictures to reduce verbal prompting
- Practice working through the routine together, to demonstrate expectations and incorporate the visual schedule to support their morning routine
- Allow the child to remove completed tasks or check off (ex. velcro pieces, a dry-erase marker) to promote confidence and a sense of accomplishment

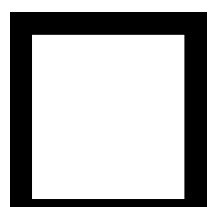
## EXAMPLES OF MORNING VISUAL SCHEDULE



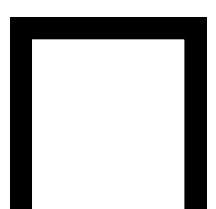
**WAKE UP**



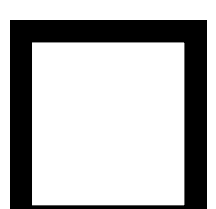
**BATHROOM**



**BRUSH TEETH**



**GET DRESSED**



**BREAKFAST**

**7:15**

**WAKE UP**



**7:25**

**BRUSH TEETH**



**7:30**

**WASH FACE**



**7:35**

**GET DRESSED**



**7:40**

**SOCKS/SHOES**



**7:45**

**PACK BACKPACK**



**7:50**

**EAT BREAKFAST**





# NIGHT ROUTINE

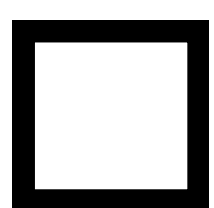


- Nighttime routines can be challenging for children and families, balancing dinner, homework, play, and other activities, and then transitioning to a bedtime routine
- It can be challenging for some children to slow down in the evening, transition, and prepare their bodies for rest and bedtime
- Transitioning from preferred activities such as play, games, or television can be difficult
- Some children may experience increased energy levels before bedtime
- Implementing a tool such as a visual schedule along with sensory-based strategies can potentially help support the transitions into a nighttime routine

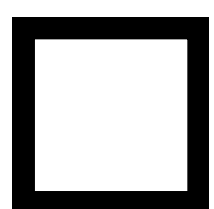
## TIPS

- Use similar tips provided in the morning routine to support the use of visual schedules (such as timers, practice routine together, encourage the child to check off completed steps)
- Aim to maintain a consistent bedtime routine to provide predictability and consistency
- Can incorporate movement activities, based on the child's need to support body regulation
- Try to provide transition warnings between tasks, such as “five more minutes of play, then it’s time to brush our teeth”
- Prepare for nighttime routine by creating a calming environment, such as dimming lights, lowering noise, limiting electronic use, and reducing sensory stimulation
- Incorporate some calming sensory-based strategies to help transition into bedtime
  - Such as massage, deep breathing, and relaxation strategies
- Adapt strategies and routines to meet your child’s unique needs and sensory preferences

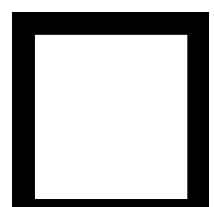
## EXAMPLES OF NIGHT ROUTINE VISUAL SCHEDULE



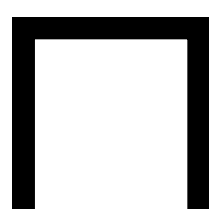
**EAT DINNER**



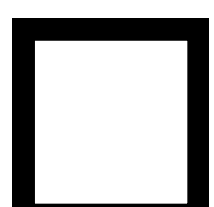
**CHANGE CLOTHES**



**PUT ON PJS**



**BRUSH TEETH**



**GO TO BED**



**6:00**

**HOMEWORK**



**6:45**

**EAT DINNER**



**7:30**

**FREE PLAY**



**8:15**

**READ 10 PAGES**



**8:30**

**PUT ON PJS**



**8:35**

**BRUSH TEETH**



**8:45**

**GO TO BED**



# ADDITONAL VISUAL SCHEDULE TEMPLATES

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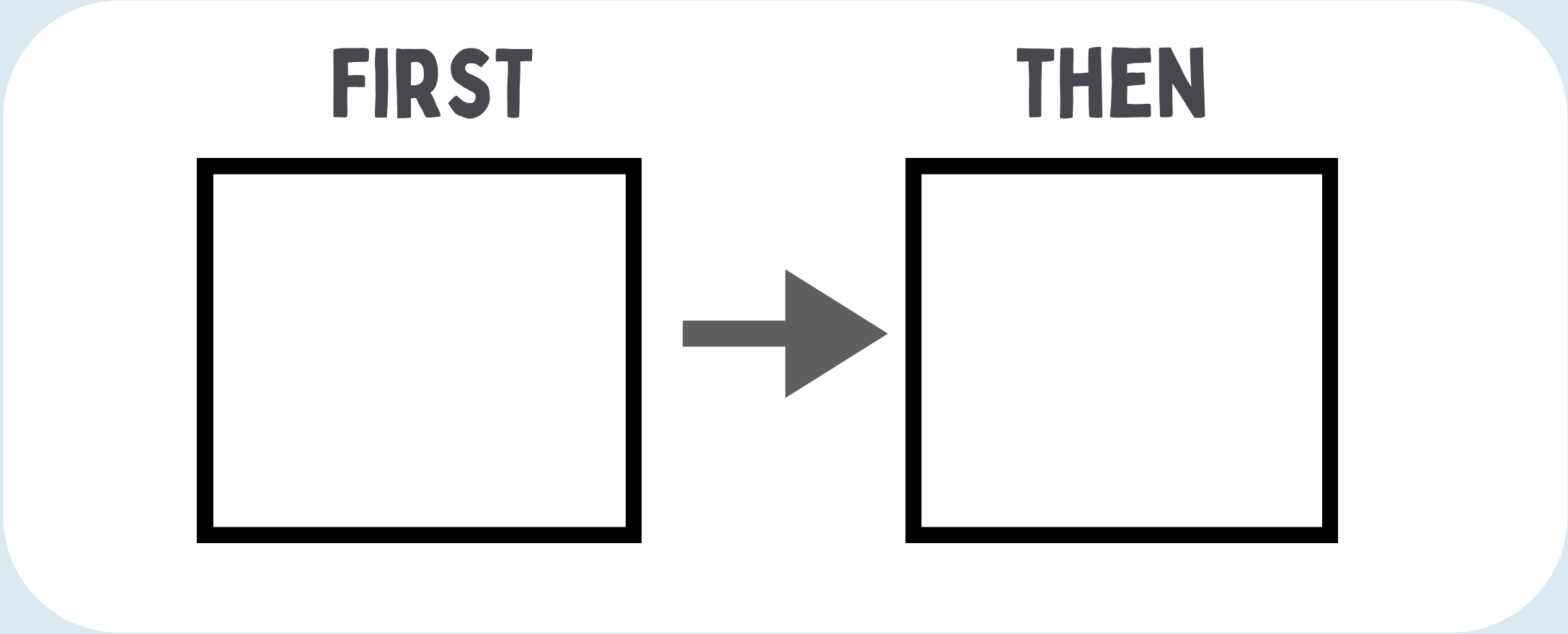
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**\* CLICK [HERE](https://youtu.be/9Y72QJVR7YC) TO WATCH A YOUTUBE VIDEO ON THIS OT TOPIC\***  
**([HTTPS://YOUTU.BE/9Y72QJVR7YC](https://youtu.be/9Y72QJVR7YC))**

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## REFERENCES

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