Schedules and Routines

- **Create a visual schedule. Use it consistently.**
  Visuals support children by providing a reminder of the upcoming activities.

- **Keep your schedule simple.**
  An effective visual schedule reflects only the major events of the day.

- **Balance activities throughout the day.**
  Have a mix of active/quiet activities and teacher-directed/child-initiated activities.

- **Post your schedule.**
  Make sure children and adults can see the schedule throughout the day.

- **Refer to your schedule often.**
  Children need the predictability of a routine and schedule.

- **Provide individual schedules or schedules with activities.**
  Breaking down the steps of a routine—such as hand washing—or the parts of an activity help children know what is expected of them.

- **Let children know when the schedule changes.**
  Provide reminders and visual cues when something different than the usual routine occurs.

Encourage children when they follow the schedule!