GentleCare Therapy
pediatric development

PARENT HANDOUT

My Visual Schedule: A Printable Picture Schedule for Kids

A visual schedule shows your child, step by step, what will happen and in what order. It makes routines predictable, which can make transitions calmer and help promote your child's independence.

How to use your visual schedule

1. **Pick one routine.**
   Start with the hardest time of day, such as mornings or bedtime.
2. **Choose 3–5 steps.**
   Cut out the picture cards for each step. Start small; you can always add more later.
3. **Put them in order.**
   Place the cards from top to bottom on the schedule strip.
4. **Show and practice.**
   Walk through it together: "Let's check your schedule." Help at each step, then give less help over time.
5. **Mark it "all done."**
   Move the card to the All Done pocket or check the box.

Tips

- Keep it where your child can see it.
- Use the same simple words each time.
- Praise each finished step.
- Add a "change" card when something different is coming.

Page 2
My Schedule strip

Page 3
First / Then board

Pages 4–7
Picture cards to cut out

Learn more: gentlecaretherapy.com/visual-schedules-making-routines-predictable/

This handout is general education and does not replace advice from your child's care team.

My Schedule

Name: _____

START HERE ↓

THEN KEEP GOING ↓

1 picture card

2 picture card

3 picture card

4 picture card

5 picture card

6 picture card

All Done

Put finished cards here.

Tip (optional): Laminate this page and the cards, then add Velcro dots so cards can be moved and used again.

First / Then

First

picture card

Then

picture card

Tip: Say it the same way each time: “First ___, then ___.” Put the less-preferred task first and something your child enjoys second.

Learn more: gentlecaretherapy.com/using-first-then-statements-to-support-young-children/

Morning

✂ Cut on the dashed lines



wake up



bathroom



wash hands



get dressed



breakfast



brush teeth



shoes on



coat on



backpack



bus



car

School and therapy

✂ Cut on the dashed lines



school



therapy



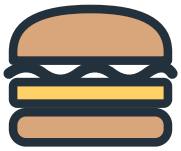
circle time



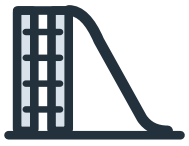
work time



snack



lunch



recess



go home

After school Bedtime

✂ Cut on the dashed lines



Helpful cards Blank cards

✂ Cut on the dashed lines

