

Why are

SCHEDULES

Important

IN AUTISM

Why Are Schedules Important in Autism?

- Helps them feel safe in the environment
- Activities seen in the schedule are predictable. They can anticipate what's coming next rather than get overwhelmed and surprised about a sudden change in the routine.
- It is less confusing for them.
- Individuals with autism have problems with organization. Showing them a schedule may help them organize their thoughts.

Why Are Schedules Important in Autism?

- Individuals with autism have problems with organization. Showing them a schedule may help them organize their thoughts.
- Not only that they have difficulty with organization, but also with sequence. Sequencing is part of our daily routine. We sequence our tasks/activities in a manner we innately learned. For example, brushing teeth. We know we need to put toothpaste on the toothbrush before we brush our teeth. Not the other way around - brush teeth then put on toothpaste. Individuals with autism have problems with sequencing. Giving them schedules will help them organize and sequence their activities during the day.

Why Are Schedules Important in Autism?

- Without a schedule, the child may do his plan which is not according to what we expect them to do.
- It gives them confidence and be able to meet expectations (e.g. completing a teaching time rather than spending time on a gadget).
- Schedules help them establish and follow routines.
- They become more independent.
- Schedules create a positive and safe environment, resulting in less meltdown and less stress to the child.

Your guide on how to manage schedules

- It needs to be clear
- The visual schedule should be at a child's level of understanding
- It should encourage independence
- Schedules can be objects, photographs, set of pictures, or written words (depending on the child's literacy level)

Your guide on how to manage schedules

- The number of pictures set on the board will depend on the child's ability to understand when to transit from one activity to the next.
- Change the schedule if the child is not following it. Assess if you need to modify, change or lessen activities.
- It should be interactive, meaning the child needs to look at his schedule and be able to transit to the activity.
- It can be presented from left to right or top to bottom.

Here's your guide to effective strategy on how you can manage and teach your child at home, grab your e-book **GUIDE!**

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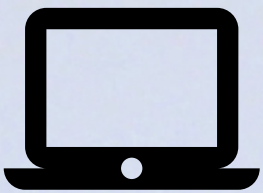


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