

How to Use a Visual Routine

Keep the order predictable while allowing the child's needs to lead

1 CHOOSE

Start with one routine and only the steps your child actually uses.

2 SHOW Point

Point to the current step. Use a few calm words instead of repeating a long direction.

3 COMPLETE

Let the child check, move or remove each card after the step is finished.

4 ADJUST

Change the chart when real routines change. A schedule supports the child; it is not a test.

Offer help without shame. Avoid removing basic needs, comfort or connection as punishment. These printables are organizational tools, not medical or behavioral treatment.

ROUTINE WE WILL START WITH

START DATE

WORDS WE USE FOR EACH STEP

Morning Routine

Eight clear steps from waking up to ready to go

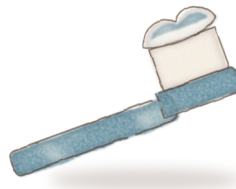
1



Wake up

☐

5



Brush teeth

☐

2



Use the bathroom

☐

6



Pack bag

☐

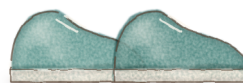
3



Get dressed

☐

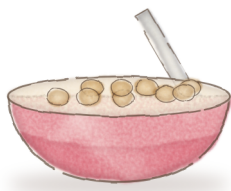
7



Put on shoes

☐

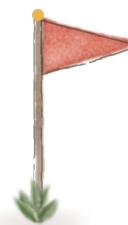
4



Eat breakfast

☐

8



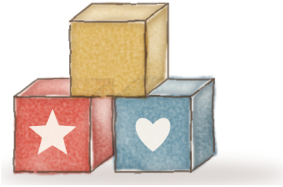
Ready to go

☐

Bedtime Routine

A predictable wind-down with a clear finish

1



Tidy toys

☐

5



Choose a book

☐

2



Put on pajamas

☐

6



Read together

☐

3



Use the bathroom

☐

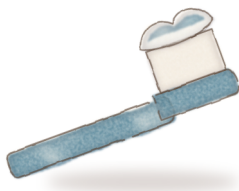
7



Goodnight hug

☐

4



Brush teeth

☐

8

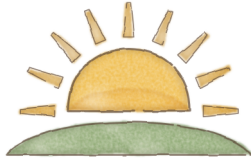


Lights out

☐

Twelve Visual Routine Cards

Cut apart and use them on a strip, a fridge or a First-Then board



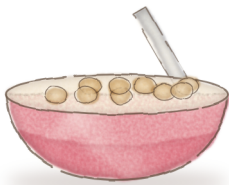
Wake up



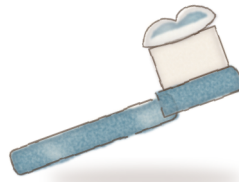
Use bathroom



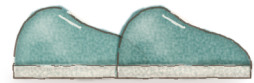
Get dressed



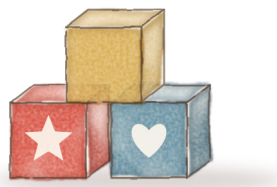
Eat breakfast



Brush teeth



Put on shoes



Tidy toys



Put on pajamas



Read together



Goodnight hug



Lights out



All done