

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!



For more Information, contact us at: NCQTL@UW.EDU or 877-731-0764 This document was prepared under Grant #90HC0002 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Quality Teaching and Learning. FALL 2012