

# Visuals

## Posting visuals around your home can:

- help children to be more successful and independent in their daily life
- tell children what transitions to expect and when certain activities will occur
- can significantly reduce the amount of stress, anxiety, and behavioural outbursts
- are permanent and consistent for your child, whereas spoken words disappear and need to be repeated

### Visuals can be

### Examples

#### task specific:

water on - get soap - rub hands - rinse hands - water off - dry hands

#### a daily schedule:

play - outside - carpet time - bathroom - snack - quiet time

#### steps in a routine:

bathroom - wash hands - lunch - scrape plate - quiet activity

#### labels:

pictures of items on shelves, drawers, or hooks where the item belongs

#### first/then boards:

reduced schedule/tasks/expectation to two(2) steps - first bathroom, then snack

#### choice boards

visuals of choices that are available to the child, activities, food, etc.

\* Visuals are not the same as PECS (Picture Exchange Communication System)