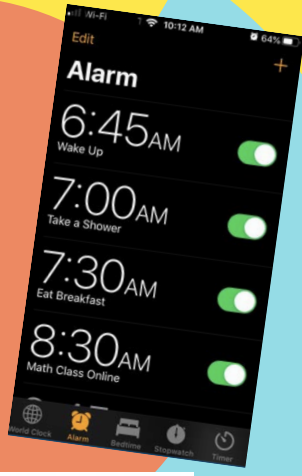
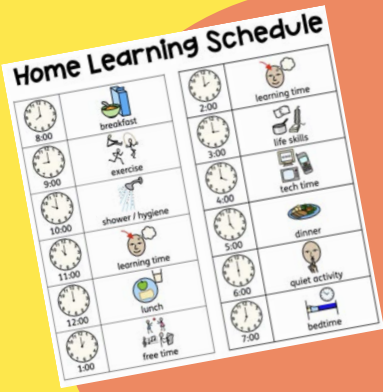




Visual Supports for Kids with Autism

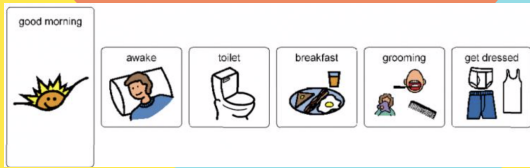
Visual Supports, like the schedules and reminders below, help make the world feel more safe and predictable to children with autism. They can go a long way in easing stress and anxiety in this time of uncertainty caused by the COVID-19 pandemic.



Visual Schedules

Visual schedules break down a routine or activity into smaller tasks. They use words and images to show kids what they need to do to complete a routine or finish an activity. Pairing a picture with a time or an alarm indicates when one activity is done and it's time for the next activity.

To be successful, a visual schedule should be personalized to the child and based on his or her level of comprehension. It's also important to provide a reward or reinforcement when the schedule is completed.



Visual Reminders

Visual reminders are simple rules and reminders framed in a positive way, for example, "walking feet" instead of "no running."

Like picture schedules, they should be personalized to the skill level of the individual. Keeping the reminder in sight--even posting it in several locations--helps the child understand what behavior is expected of him or her. Parents or teachers can point to the visual reminder when the rule is being repeated.

