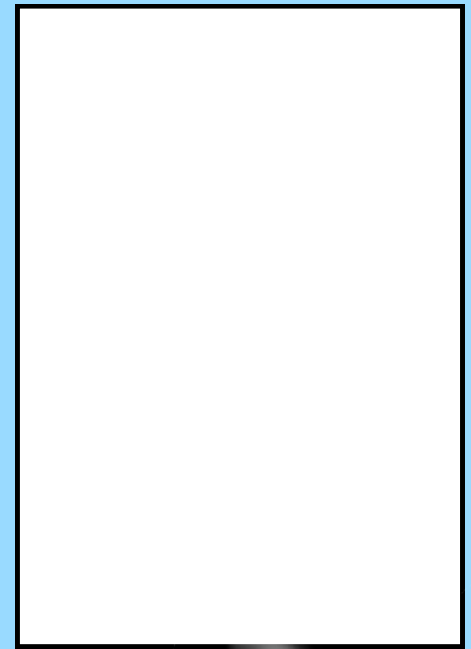
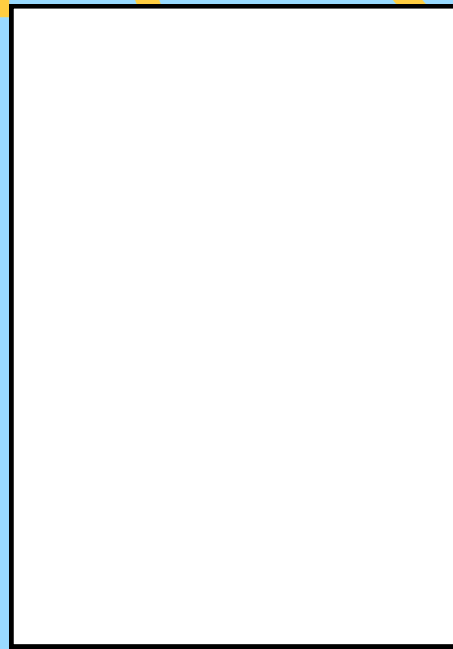
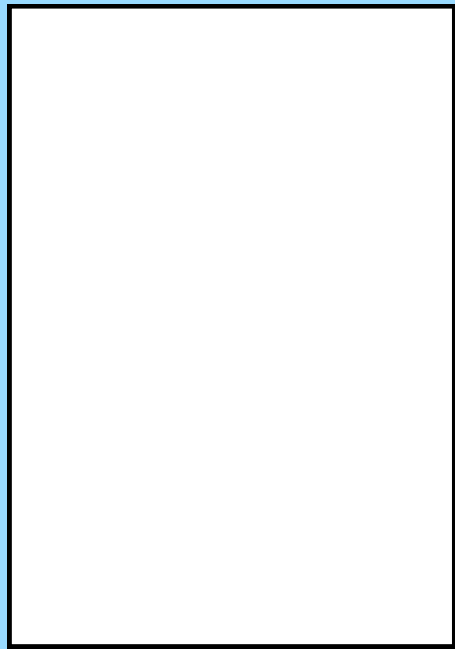


My Bedtime Routine

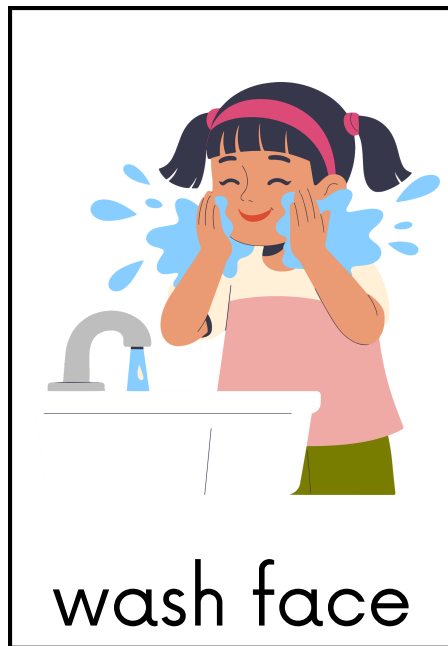
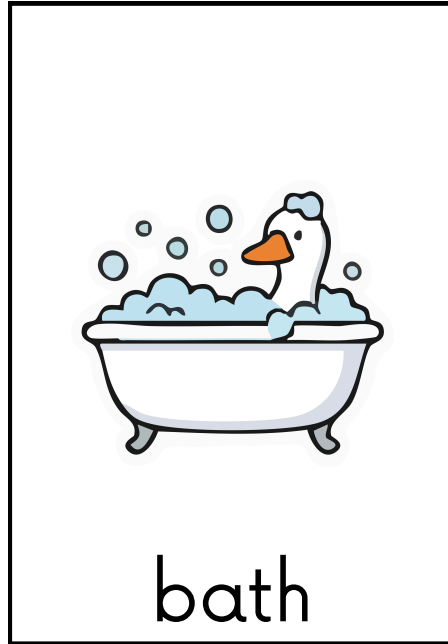
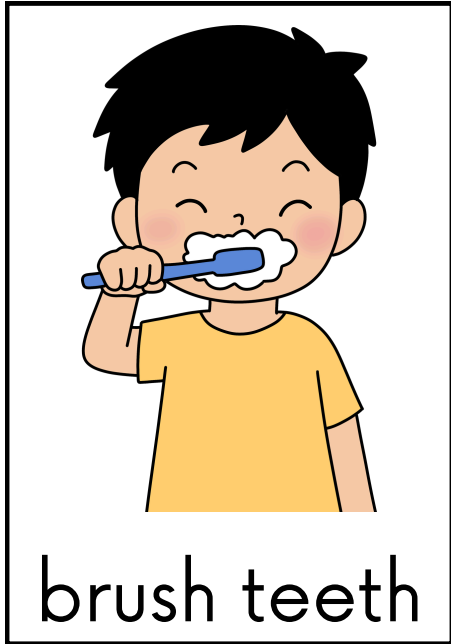


Don't forget to brush your teeth

My Morning Routine

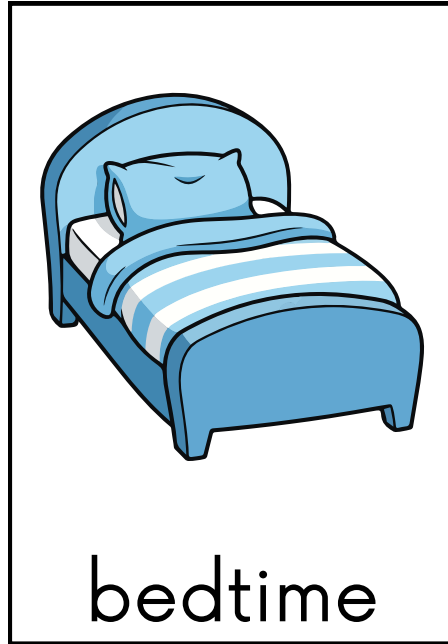


Don't forget to brush your teeth





read



bedtime



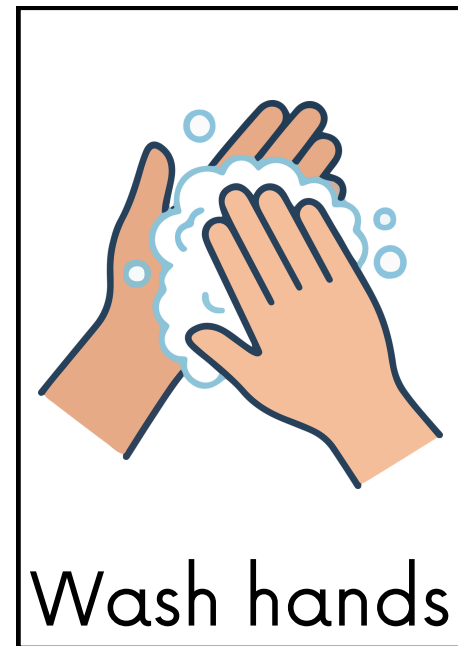
make bed



brush hair



Shower



Wash hands

Visual Timetable

To help your little one get organised in the morning or before bed this can help. Use velcro to attach the pieces and remove them as they are done.

How to use the visual schedule:

Use this visual schedule at the beginning of the child's routine. Let your child know what they need to do. Cut out the pictures and place a velcro on the back. Attach the pictures to the visual schedule.



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