

DO THIS AT HOME  
**Clothespin Pictorial Schedule**

Try this activity at home to reinforce your child's understanding of her schedule and routine.

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**What Your Child Will Learn**

Your child feels more secure, in control, and competent when she is aware of what will take place throughout the day. The ability to talk about and plan for the future is a skill your child should possess as she grows, learns, and matures.

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**Materials Needed**

card stock or construction paper  
clothespins  
photos of your child carrying out daily routines (brushing her teeth, watching TV, resting, bathing, having a meal, and so on)  
ribbon or string  
scissors  
tape or glue

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**What to Do**

- ▶ Take pictures of your child carrying out daily routines.
- ▶ Using the photos you have taken, mount each onto a heavy piece of construction paper or cardstock. It's a good idea to laminate or cover the photos with clear contact paper.
- ▶ Hang a piece of string or ribbon (approximately two feet long) low across a wall where your child can readily see and reach it.
- ▶ As each day begins, go over the order of the day's events and routines with your child.
- ▶ Show your child how to use the clothespins to attach a photo to the ribbon or string.
- ▶ Continue with each photo until you have outlined your child's entire day.
- ▶ Make every attempt to do this each day as an excellent way to establish and maintain a predictable and consistent schedule and routine.

**NOTE:** Creating any type of consistent schedule for your child will be helpful. Simply drawing a few pictures on a white board or piece of paper showing "breakfast, school, nana's house, home for dinner, bedtime" might be all your child needs to feel secure about her daily schedule. Whether you create a picture schedule for home, it is important to review your child's daily schedule with her regularly, to help her have a sense of a consistent routine.

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\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).