Getting Started

- Think about one routine or time of your child's day that is the most difficult/stressful
- How would a visual schedule make this routine easier?

Going to the Bathroom Checklist ✔

#	Step	
1.	Pull pants down.	
2.	Sit on toilet until finished.	
3.	Use toilet paper.	
4.	Put toilet paper in toilet.	
5.	Stand up.	
6.	Pull pants up.	
7.	Flush toilet.	
8.	Wash hands (use soap! rinse!).	
9.	Dry hands.	
10.	All done!	

Cleaning Eye Glasses Checklist ✔

#	Step	
1.	Take off glasses.	
2.	Rinse glasses with water.	
3.	Clean right side to side.	
4.	Clean right side in a circle.	
5.	Clean left side to side.	
6.	Clean left side in a circle.	
7.	Check to see if clean.	
8.	Don't touch.	
9.	Put on glasses .	