SEPTEMBER

The Resource Consultant's Tip Sheet

Go Old-School, Use a Paper Calendar!

September can be busy for families and involve lots of routine changes for kids. As adults you probably use some form of planner or calendar, whether it's on your phone or on the wall at home. Calendars are helpful tools that can provide some predictability in a busy world. Children thrive on predictability and shared visual tools like calendars, schedules and lists can be very helpful.

If you don't have a shared calendar in your home, consider getting one. It doesn't have to be fancy, just easy to see and to write on. Get into the habit of putting family events and appointments on it and refer to it when you speak about plans with your child.

Looking at and understanding a calendar is an easy literacy and numeracy lesson which can also be fun. Learning to read a calendar involves recognizing the days of the week and counting how many days until something happens.

www.connectability.ca explains why visuals make it easier for children to understand and communicate:

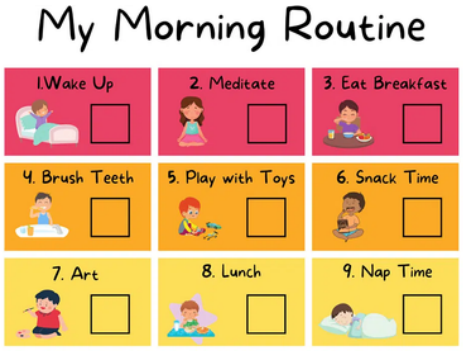
- Words "disappear" right after we say them, visuals hold time and space.
- Visuals direct attention to them and hold attention.
- Visuals assist in remembering.





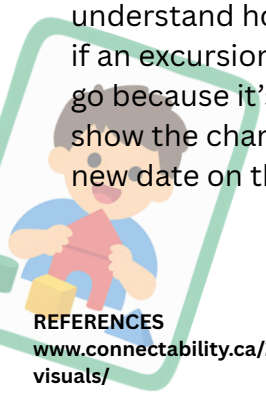
Independence

Visuals can also help children to be more independent. If the calendar is on the fridge or the wall, they know they can go look anytime, without having to ask an adult.



Building in flexibility

An additional bonus to using calendars and schedules with your child is that they will begin to understand that while a lot of things are predictable, sometimes there are changes in the routine. This is easier to talk about when they already understand how scheduling and planning work. For example, if an excursion is postponed, in addition to saying "We can't go because it's raining, we'll go next week instead" you can show the change and ask your child to help by putting the new date on the calendar.



REFERENCES
www.connectability.ca/2010/09/23/using-visuals/

Download Free Calendar Pictures

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