

Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Notes

Instructions:

Print out one of these calendars, or purchase one of your own. You may even find one with your child's favorite characters on it! USE WHAT WORKS. There are many options. For example, you may find that your child prefers weekly instead of monthly calendars.

You may need to make the calendar bigger if you have more events or if you need to draw pictures instead of writing event names.

Once you have determined the calendar you will use, it's time to document. Here are examples of what to include:

Holidays
Early release days
Parties
Special events
Vacation start and end dates
Therapy appointments
Sports practice or game days
Visits people will make to the house
Doctor's appointments

Now that you've got it ready to go, it's time to use it! Here's what to do.

1. Review the calendar each night and at least one time during each day.
2. When reviewing it at night, cross off the current day.
3. You might want to review the calendar more than once if there is a big transition coming up soon.
4. Be positive and encouraging. It's not, "Uh-oh, you have a doctor's appointment tomorrow." It's, "OK! We get to see Dr Lee tomorrow! He is so nice. After the doctor, we will get ice cream. What ice cream do you want?" (If your child cannot process that much language, it's OK! Just keep it simple. "Tomorrow is Doctor Lee. First Doctor Lee, then ice cream.")