

Visual Resources



Guidance on the benefits of visual resources and how to use them

About

- Visual resources can be used to support communication. They may be used to overcome a language barrier or provide additional support to aid the understanding of verbal instructions and routines
- This is particularly true for children with additional needs or those who experience anxiety. Visuals can help provide a level of predictability and to develop a concept of time that can help the child feel safe
- Visuals may include weekly planners, and daily routines and can also be broken down to communicate different parts of the day e.g. bedtime routines, or activities such as toileting
- Visuals are particularly useful in supporting children to understand new routines and engage with them, as they help them understand and learn the sequence of activities
- Visuals can also be used to promote and reinforce positive behaviours e.g. reward charts, which can further encourage engagement
- When using visual resources it is important to consider your child's age and stage of development. Do they cope better with one instruction or are they able to process multiple steps e.g. a daily timetable? Do they need photos or objects to represent their routine, or can they manage with symbols? (See guidance sheet on symbols)



Themed Resources

- **Tailoring** resources to your child's interests can motivate and further promote engagement
- **Think** - what is your child interested in? Do they have a favourite character, TV show, or colour?



Top Tip Toolkit

- Make sure the words are clearly visible and easy to read, e.g. consider size and colour. Use a font such as Comic Sans which is easy to read
- If using an image place the word underneath - even if your child is unable to read yet
- If you can laminate your resources they can be re-used and will last longer
- Only use themed resources where a child or young person can process 3 or more visual instructions at a time as the additional visual images may be distracting or confusing for some children.

This information aims to broaden understanding of factors impacting on sleep, offering general tips as a framework for families. It is not intended as a substitute for medical advice or parental preference or responsibility.

www.sleepandtherapyservices.co.uk

Examples



Teeth

Pyjamas

Bed

Lights out

Katie's
bedtime routine

Supper

Teeth

Toilet

Wash or bath

Pyjamas

Bed

Story

Lights out

Now it's time to sleep