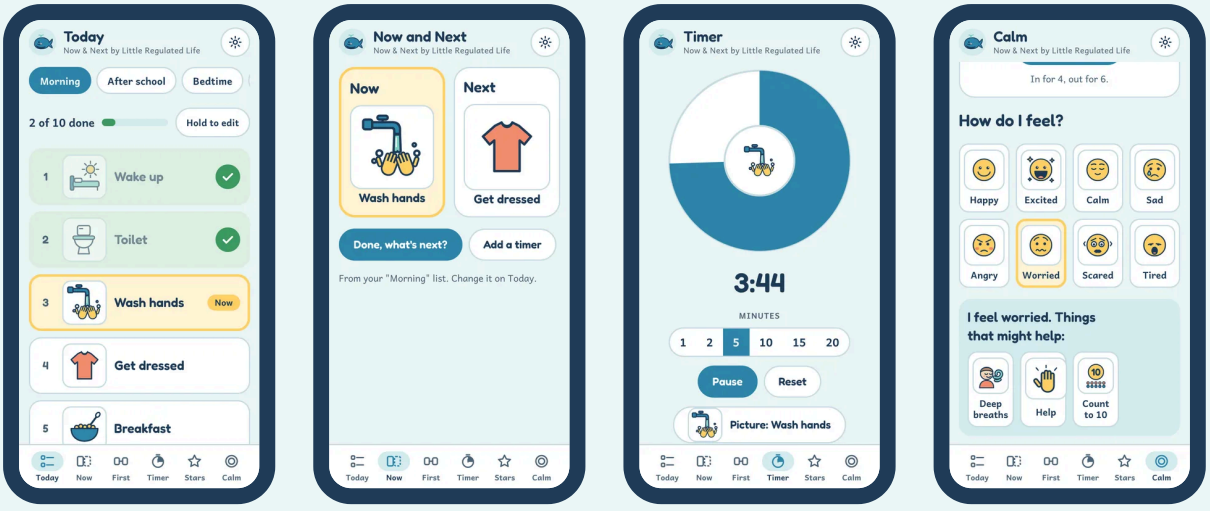
Little Regulated Life

Now & Next: a picture routine app for home

For autistic and ADHD children who like to know what's coming next. It works on any phone or tablet, with no sign-up, and nothing about your child leaves your phone.



Picture routines
Mornings, bedtime, the school day: 27 ready-made, with UK words, or make your own.

A timer they can see
A shrinking circle and a soft chime, so waiting makes sense.

Picture stories with their name in
The first day of school, the dentist, the doctor, and more.

Now and Next, First and Then
Two big pictures: what's happening now, and what comes next.

Stars
A token board for the steps you choose.

Calm page
Feelings in pictures, calm choices and a breathing bubble.

Scan to open it on your phone

Or go to littleregulatedlife.com/app. It's free to start. Add it to your home screen and it works offline.

An optional Family plan (7 days free) adds up to 3 children, all the stories read aloud, a new routine every Monday and the same lists on two grown-ups' phones.

Recommended by: _____

Made in the UK by a dad for his own son. An everyday visual aid, not a therapy or medical product.
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