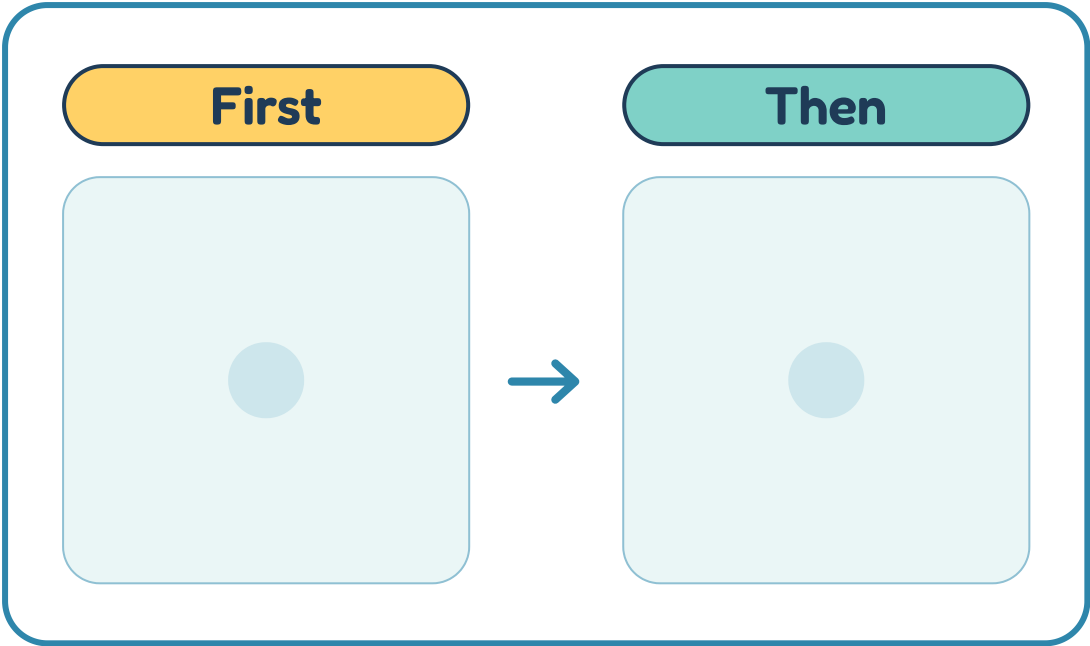




Wake up



Toilet



Get dressed



Breakfast

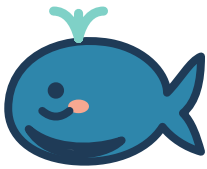


Brush teeth



Shoes on

Print on thin card, cut out the board and the cards, and laminate if you can. Hook-and-loop dots or a magnetic strip hold the cards in place.



First and Then: the two-card routine

The simplest visual schedule there is. One picture for what is happening now, one for what comes after, and the hard moments get a lot easier.

How to use it

1. **Pick the pair.** First the step they find hard, then the one they like: *First* get dressed, *then* breakfast.
2. **Show it, say it once.** Hold the board where they can see it, point to each card and say the same short words every time.
3. **Finish together.** When the first step is done, take the card off, cheer, and move on to the Then card.
4. **Keep it steady.** Use the board at the same moments each day for a week before adding more steps.

Tips from our kitchen

- Laminate the board and cards, or slip them into a plastic wallet.
- Hook-and-loop dots on the backs stop the cards sliding off.
- Keep the board at the child's eye level: fridge, bedroom door, or the kitchen table.
- If a step is a struggle, split it in two. "Get dressed" can become "Pants and socks" and "Top and trousers".

Want the whole day?

- **My Daily Routine bundle:** 101 picture cards, 7 blank cards you can type on, 7 boards from morning to bedtime, and the Card Maker for your own words. UK A4 and US Letter. payhip.com/b/nxYfv
- **My Morning Routine kit:** 15 morning cards, 3 blank cards and 4 boards. payhip.com/b/J2FXM
- Also on Etsy: etsy.com/shop/LittleRegulatedLife

Make your own cards, free

- The free Card Maker prints 52 mm cards with your own words, in the same style: littleregulatedlife.com/card-maker
- Works on a computer or Android phone from the link; iPhone and iPad use the same link in Safari.



Made by a parent of an autistic son with ADHD. If the cards help, we would love a photo of them in action: [@littleregulatedlife](https://twitter.com/littleregulatedlife)

An everyday visual planning tool, not a therapy or medical product. The cards and board are 52 mm and 54 mm, the same as every Little Regulated Life set, so they mix and match. Colour printing looks best, but the cards read fine in black and white.