

# Neurodiversity Home 101:

## Ideas for visual reminders

It's easy to forget things! We shouldn't be surprised that **children forget things quite a lot**. Visual reminders can help your child (and you) organise things and remember what needs to be done. There are **lots of different visual reminders** that you can use. Try them and see which ones work best for you and your child.

### To-do lists:

- There are two main sorts of to-do lists:
  - One-off lists, of things that you need once (e.g. a shopping list).
  - Repeated lists, that you will do over and over again (e.g. your child's list of Friday chores).
- One-off lists may be better in a notepad or planner.
- Repeated lists may be better stuck to a wall in the appropriate room, e.g. in the kitchen for kitchen-related chores.
- Repeated lists may be better if they are on a chalkboard, whiteboard or laminated paper so that your child can tick them off but you can erase the ticks later.
- Practice with your child so they get into the habit of checking the list regularly.
- Make sure the list is kept up-to-date.

### Colour-coding:

- Colour-coding is a great way to organise things. You can use coloured boxes or folders, coloured tape or dots from coloured pens to mark and sort things.
- Use colour-coded boxes, either with one colour per child or different colours for different contents, to sort things (e.g. green for art stuff, blue for Lego).

- Colour-code your child's school books with a strip of coloured tape on the spine – all the books needed on Mondays have a red bit of tape, all the books needed on Tuesdays have a blue bit of tape, etc.
- For older children and teens, use colour-coded folders (or colour-coded sections in a big folder) for school/college work.

### Post-IT notes:

- Put post-it notes around the house to remind your child about important things, e.g. "KEYS!" by the front door.

### Calendar:

- A family calendar is very useful for helping your child organise their time.
- Keep it somewhere easy to see and check, e.g. in the kitchen or hall.
- Cross out each day as it passes, e.g. at supertime or at breakfast the day after.
- Encourage your child to put all of their after-school activities, etc. on it.

