

If they are not yet requesting it spontaneously (Stage 4):

"Don't be discouraged if your child isn't yet reaching for the pictogram on their own. This is a stage that takes time. Spontaneity is built on confidence. Keep the environment ready, the pictogram visible, and continue to model its use without making demands.

If you need to take a day to breathe, do it. Supporting your child also means taking care of yourself."

If they are requesting it spontaneously (Stage 4):

"They did it! They asked for it on their own! This is a very special milestone. Take a breath and celebrate it. Look at how far you've come.

Your patience, consistency, and love are blooming. Enjoy this stage and keep providing support with the same kindness. Now the pictogram has become a real communication tool. Congratulations!"

## WHEN TO MOVE TO THE NEXT PHASE?

**You can move forward when your child:**

- ➔ Consistently achieves the step's goal for at least 3 days in a row.
- ➔ Shows an understanding of the image and how to use it.
- ➔ Is interested in participating with the pictogram.

**Once these steps are solid, you can progressively move on to the other categories, following your child's pace**

### Tracking and Recording :

Use the file we gave you to record each action and weekly progress. It will help you:

- See your child's progress.
- Know when it's time to move on.
- Celebrate achievements, no matter how small.

### Final Recommendations

- Always use the same pictograms; make sure they are laminated and clear.
- Reinforce with simple words and enthusiasm.
- Avoid introducing more than two new actions at once.
- Be consistent: success is in daily repetition

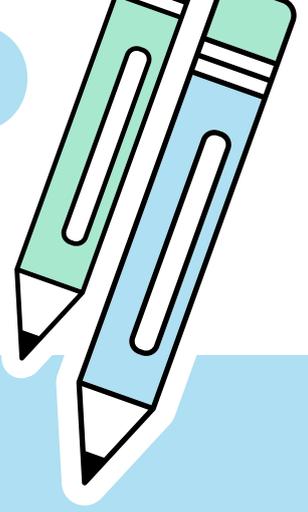
### How Many Pictograms to Work With?

Week	Quantity of pictograms	Examples
1-3	1 pictogram a week	Wash your hands
4-5	Up to 2 in total	+ Brush your teeth
6 - +	Up to 3 in total	+ Go to the toilet, Comb your hair

# PRACTICAL GUIDE FOR CAREGIVERS: USING PICTOGRAMS

## WHAT ARE PICTOGRAMS

They are simple images that represent objects, actions, or needs. They are used as a visual aid to help children communicate, anticipate, and participate in daily life activities, such as washing their hands or brushing their teeth.



## Goal of This Guide

To support you, step-by-step, in teaching your child to use pictograms for different daily actions, promoting autonomy, functional communication, and participation in daily activities.

## Starting Recommendations

It is suggested that you begin with hygiene pictograms because they represent concrete, repetitive, and easily observable actions in daily life (for example: brushing teeth, washing hands, going to the bathroom). This facilitates visual understanding and helps the child associate the pictogram with the real object and the action.

Once these actions are established, you can progressively move on to the next categories, such as the food cards in envelope #2, as these are also related to daily routines and objects in the environment, making them familiar to the child.

## Remember

There is no need to follow a rigid order. The most important thing is to respect your child's pace and interests. You can start with or change the order of the cards based on what motivates or grabs their attention the most. The essential thing is that the use of the pictogram makes sense to them.

**Trust your intuition! You know your child's preferences, timing, and ways of learning better than anyone else.**

*We know that teaching communication with pictograms can be a new journey, with progress, pauses, and sometimes setbacks. It won't always be a straight line, and that's perfectly okay.*

*Every child has their own pace and their own way of learning and expressing themselves. You are doing something very important: you are opening a door to communication.*

*This process isn't about doing it "perfectly," but about doing it with love, consistency, and patience. And remember, supporting your child also means taking care of yourself. If you need to pause for a day, breathe, give yourself a hug, and try again when you feel ready.*

*Every small step counts, and you are planting a seed of learning that will blossom when you least expect it.*

Do you have any questions, suggestions, or need support?

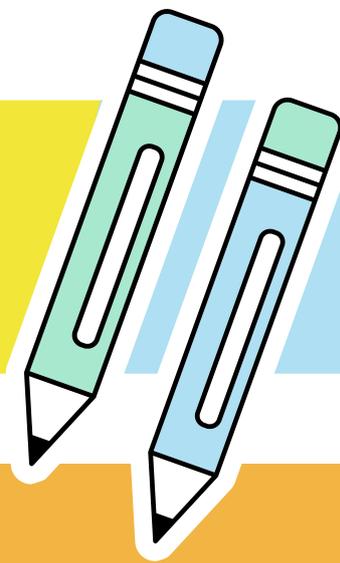
We are here for you. You can email us at: [productos.infantiles@cepotencial.cl](mailto:productos.infantiles@cepotencial.cl)

We will be happy to support you on this journey.

Thank you for trusting in this process and for making communication a bridge to connection, autonomy, and well-being.

## BEFORE YOU BEGIN

- Start calmly and without rushing.
- Choose quiet moments of the day.
- Make it a part of your daily routine or a game.
- Follow your child's interest in actions, toys, or routines they like.
- Validate every small bit of progress.



## STAGES OF LEARNING WITH PICTOGRAMS

### 1 Recognizing the Pictogram

Estimated Time: 3-5 days per pictogram

What to Do:

- Show the pictogram while performing the action.
- Say the action out loud: "Let's go wash our hands."
- Leave the pictogram in the right place where it's visible (e.g., the bathroom).

Observe if:

- The child looks at the pictogram.
- They associate it with the object or routine.
- They anticipate the action when they see the image.

Goal: The child connects the pictogram with the real action.

If there's no progress or you feel frustrated in Stage 1:

*"Your child might not look at the pictogram at first, or they might not seem to notice what you're doing. Take a breath. You are planting a seed. What is visible will come later. You aren't failing; you are consistently providing support. If you feel tired, you can take a day off and come back with renewed energy. Every shared glance, every gesture, counts."*

If there is progress in Stage 1:

*"Is your child starting to look at the pictogram or react when they see it? How wonderful! That's an amazing achievement. You are helping them build a bridge between the visual world and their actions. Appreciate and celebrate that moment and continue with love and patience. Your presence makes all the difference."*

### Giving the Pictogram with Support

Estimated Time: 3-5 days per pictogram

What to Do:

- Place the pictogram in your child's hand and help them hand it to you.
- Help them physically if needed.
- Reinforce with phrases like, "Great job, you gave it to me!"
- Observe if:
  - They accept handing over the pictogram.
  - They need physical help or just a verbal cue.
  - They willingly participate in the exchange.

Goal: With support, the child gives the pictogram to communicate what they want to do.



If you feel frustrated or there are setbacks in Stage 2:

*"You might feel like you're forcing the situation by guiding their hand to give you the pictogram. Take a deep breath. You are not demanding; you are providing support with love. Sometimes progress is slow, and that's okay. If today isn't a good day, you can take a break. Tomorrow will be another opportunity. Every attempt, no matter how small, is a step forward."*

If there is progress or achievements in Stage 2:

*"Are they starting to give you the pictogram with your help or anticipate doing it? That's wonderful! It means they are understanding the pictogram's purpose. You are creating a meaningful path of trust. Celebrate every attempt and maintain that loving, guiding attitude. Your connection is the bridge that supports their learning."*

## **Giving the Pictogram Independently or Autonomously**

Estimated Time: 1 week per pictogram

What to Do:

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- Leave the pictogram accessible in a folder or on a board.
  - Encourage them to find it on their own and give it to you before doing the action.
  - Gradually reduce the amount of help you give.
  - Observe if:
    - They find and give you the pictogram without help.
    - They do it right before the activity.
    - They show a clear intention to communicate.

Goal: The child gives you the pictogram on their own to communicate a need.

If there's no progress or there are setbacks in Stage 3:

*"It's normal for it to seem like they've 'forgotten' how to hand over the pictogram on some days. That doesn't mean they haven't learned. Sometimes, they just need a little more time or support again. You can go back to gently guiding their hand and then gradually let go again. Take a break if you need to. You are doing a great job."*

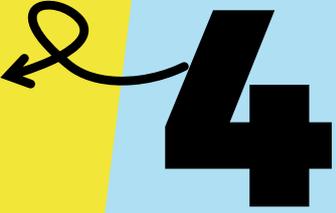
If there is progress in Stage 3:

*"They're giving it to you on their own! How exciting. That shows just how far you have come together. Look at that gesture with pride—it's communication in development. Reinforce it with smiles, warm words, and by repeating the routine with joy. Trust in the rhythm you've built together."*

## **Spontaneously Requesting the Pictogram**

Estimated Time: 1-2 weeks per pictogram

What to Do:

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- Leave the pictograms in key locations (e.g., the bathroom).
  - Observe if the child approaches them on their own.
  - Positively reinforce them every time they do.
  - Observe if:
    - They look for the pictogram without being guided.
    - They give it to an adult spontaneously.
    - They use it at different times of the day.

Goal: The child uses the pictogram on their own to anticipate or request an action.