

# Creating your Tali Schedule

When creating your Tali schedule, you should consider yours and your child's existing routine and activities. Tali Train involves five (20-25 minute) sessions each week over a five-week period. And the intensity of training is important in achieving the best results.

Having said this, it may be too intensive for your child to complete a session a day for five straight days. Even though it's important all sessions are completed over a 5-week period, perhaps your child is more suited to completing two sessions over two days then taking a break for a day before commencing the third session.

Also, identify which days and times your child will be able to engage most with the program. Your child will get more out of the program when they're feeling alert and motivated, because this causes the brain to release neuromodulators that are vital for learning and remembering.

## Examples of Schedules

**My Week.** Week of \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Schedule / Activities					
School	School	School	School	School	Swimming
Homework					
Chores					
	Dishes		Dishes		
A little about my day...					

TALI

**My Week.** Week of \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Schedule / Activities					
		Kindergarten	Kindergarten	Kindergarten	
Homework					
Chores					
	Occupational Therapy		Occupational Therapy		
Fun stuff!					

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## Top Tips

- ✔ Avoid days with after-school activities when your child may come home tired and overstimulated
- ✔ Pick times when your child isn't hungry or distracted
- ✔ Look at your own schedule and pick days and times when you're least rushed or stressed
- ✔ Think about whether your child is suited to completing sessions for five straight days (you have two spare days to break sessions up if this is better)
- ✔ Consider what's going on in your household and avoid busy/noisy days and times

