

Transition Strategies

Tips for Parents/Guardians

Change can be challenging for children. Whether it's big changes like moving house or small ones like moving from one activity to the next, transition can be a challenge. Transition strategies can help prevent a child becoming overwhelmed and can lower anxiety in children.

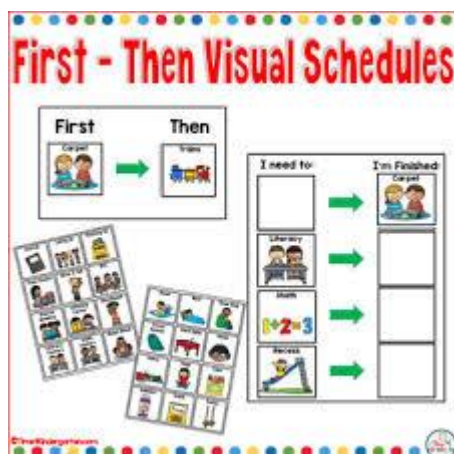
All children, and particularly those with special educational needs need a sense of predictability. Being prepared with transition strategies is key. These strategies may take place before, during, or after the transition.

Transition Strategies:

- **Prepare your child:** Give children advance warning for how long an activity will last. Help them know what to expect in a day



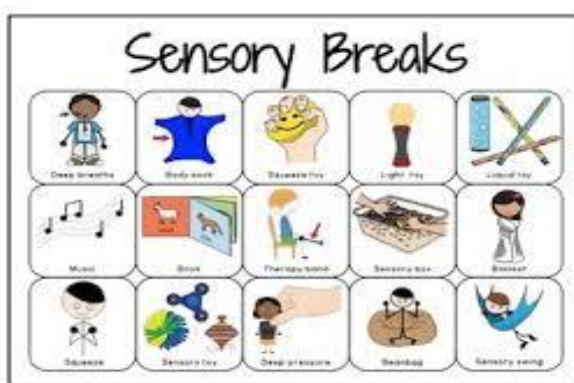
- **Use a visual schedule:** This makes it clear what a child can expect and what is coming up next. It can be helpful to put the activities that are most challenging for the child closer to the beginning of the day when they have more energy



- **Use a visual timer/visual countdown system:** This will help your child to remain focused



- **Offer sensory breaks:** Sensory activities make great transition bridges. The sensory activities will depend on your child's preference



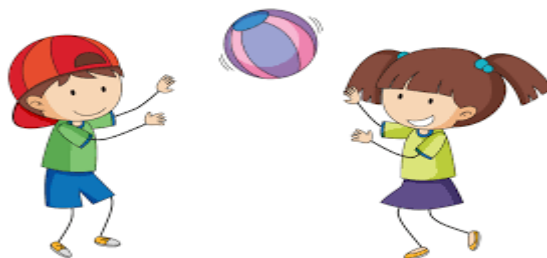
- **Use a transition object:** Some children benefit from having their special blanket, doll, or stuffed animal with them as it can smooth transitions. This is especially true in the case of a child transitioning from one location to another such as from home to school or from home to preschool. Bringing a small photo album or laminated picture of your family can also be helpful



- **Teach transition songs:** Transition songs are a great way to help children move from one activity to the next. Children love music. These songs help children pay attention and can help them mentally prepare for the next activity or time of the day. You can make up your own to the tune of any familiar tune



- **Choose transition activities:** These would be things that could be done in between two major activities, e.g. skipping over to the car or counting to ten before moving on to the next activity



- **Allow for extra time:** Allowing extra time will give your child extra time to adjust



- **Use social stories:** For children who have a particularly challenging time with transitions, preparing them with relevant social stories ahead of time can be extremely beneficial



- **Maintain consistency:** As much as possible, try to stick with the schedule and routines that you have laid out.