

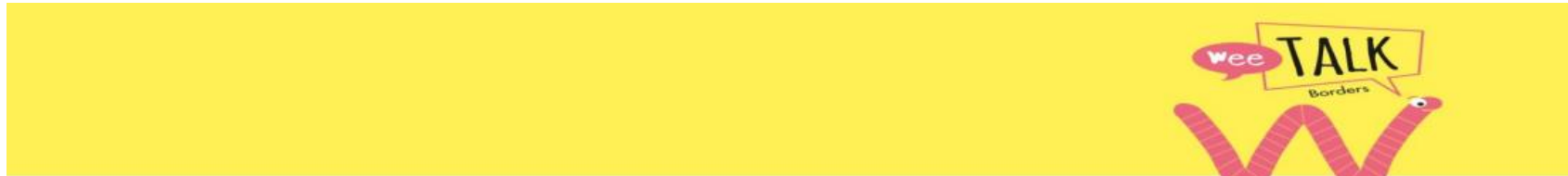
Transitions








Transitions can be challenging for everybody. Being asked to stop one thing and start another, or a change in environment such as going from home to school is a very common trigger for “big emotions”. These changes can be emotionally overwhelming for your child and can lead to “big emotions” as your child may not know how to cope with this change. Here are some advice and strategies below to help you and your child navigate transitions:

- Consider the use of “Now” and “Next” strategy. This aims to help prepare your child for the transition which can make emotions easier to manage. *See attached example on page 2.*
- Ensure you are communicating clearly with your child. This will help to avoid confusion. Make sure your child can see and hear you (as they are able) so that instructions aren't missed. You could even ask your child to repeat back instructions if they are able.
- Where possible, try to create routine and structure for your child. This will help create predictability which could be especially helpful with daily transitions such as bedtime. For example: dinner, quiet play, change into bed clothes, brush teeth, toilet, story time, lights out, sleepy time.
- Use positive praise during transitions. For example, “I like the way you put your toys back in the box when I ask you to tidy up. Good job!”.
- Social stories are great for easing anxiety over new or difficult transitions. They allow your child mentally “practice” the transition in a calm, non-threatening way.

Example of Now and Next:



Speech & language
therapy

now 	next   	and then .. 

PCS and Boardmaker are trademarks of TobiiDynavox LLC. All rights reserved. Used with permission.

Further advice and strategies

- Try creating an individual visual timetable for your child. Having their own timetable and reinforcing them to check this throughout the day to tick off/take off tasks and activities that have been done may help the day run smoother. *See attached example on page 3.*
- Consider using a timer to help your child understand how long they have and to prevent any misunderstanding when their time is up.
- Consider the use of a toy or fidget to help your child during tricky transitions. This could prove to be a helpful distraction,
- If there is a time in the day that is particularly challenging for your child, consider using a safe space. Allowing them to have 10/15 minutes in their safe space doing an activity they enjoy may help them regulate their emotions.

Games

- Try role playing or practicing transitions. You can even switch roles with your child during play to help them understand what is expected.
- How fast can you...? – Ask your child to see how fast they can complete a task at the end of the transitional period such as tidying up. Keep track of their time and try to beat this next time!
- I Spy Game – This can help keep distract your child from what they are doing while also getting very important tasks completed.
- Transition songs – There are a variety of songs on YouTube based on nursery rhymes that focus on certain tasks. Try using one of these songs during a tricky transition time. For example, Barney's Clean Up song.

Remember to be patient and that learning to cope with transitions will take time and will require practice. Make sure to try out a variety of these advice and strategies as not one size fits all.

Example of Visual Timetable:



For more information, tips, and tricks, please visit these websites by scanning the QR codes below:



OT Tool Box – Transitions for Children

If you would like further information on meeting your child’s sensory needs for transitions, please scan to watch our sensory mini-series here:



Sensory Integration Mini Series