



## *What Is It?*

Transitions occur throughout our lives that occur daily. They can be big such as starting school, getting a new sibling, or moving into a new home; or can be small, such as going to the grocery store or going or between dinner and getting ready for bed. These changes can affect each child differently and sometimes can cause distress and/or provoke a meltdown. In order to support children during times of change, the following strategies may be beneficial to reduce stress and support regulation.

## *During the Day*

- Have a predictable daily routine
- Use a visual schedule (i.e., white board, printed images/pictures, drawn pictures, etc.)
- Use a transition object that your child can hold/carry to the next place or activity (i.e., stuffed animal, backpack, or another preferred item)



## Upcoming Event

- Have a calendar your child can refer to let them know what is coming up in their week or month
- Using a countdown (i.e., cross off days on a calendar to a special event such as their birthday)

## Between Activities

- Provide clear and concrete instruction before an activity is ending to say what will be happening next (e.g., "Throw the ball two more times and then it will be time to go to grandma's." or "Brush your teeth and then it will be time for your bedtime story.")
- Give a five minute warning before the end of an activity
- Use a visual timer (i.e., egg timer, timer on your phone such as "Fun Time Timer")
- Give your child a "job" to do at school, home, and/or community setting (e.g., be the door "opener and closer" or "line leader")
- Play a song to transition to the next activity, continue playing it until your child gets to the next activity
- Transition to the next activity by moving in creative ways (i.e., crab walk, bear walk, walk backwards, etc.)

**Consult with your occupational therapist for an individualized plan to meet your child's needs**

