

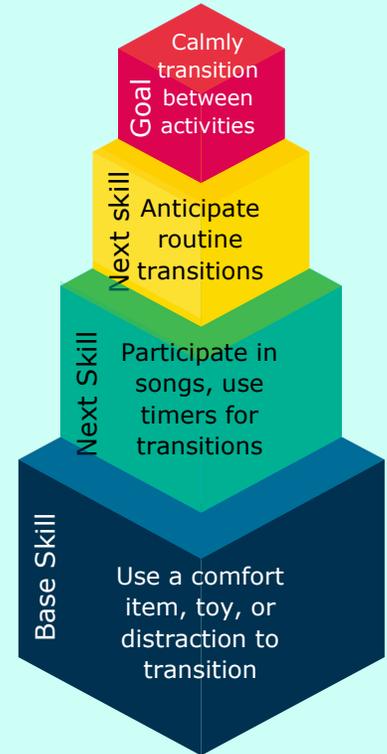


A STEP AHEAD

Helping Your Child Transition

Difficulty with transitions:

- Research has shown that although transitions from one activity to another often take a great deal of time, many caregivers don't plan for that time in their daily routines.
- Many caregivers and educators believe the ability to transition between activities is an important skill for preschool readiness, but many children struggle with transitions.
- Children with sensory or communication difficulties and those with a diagnosis of autism or anxiety tend to have difficulty with transitions.
- Hunger, tiredness, and/or discomfort (teething pain, too hot/cold, etc.) can lead to difficulty with transitions.



Transition Example:

Instead of, "No lunch until your toys are cleaned up!" try saying, "First cleanup, then eat."

*Often, highlighting what comes next is a great incentive for kids to put their things away. It helps them mentally transition to what comes next and gives them something to look forward to.



Practice, Practice, Practice

- Children learn through repetition.
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- Use the same words, phrases, pictures, or strategies throughout the day to teach your child to transition (First ____, then ____).

Think about it from a child's perspective

Caregivers can ask themselves:

- How do I plan for transition time between activities?
- What are the individual needs of the child(ren)?
- How do I currently help prepare the child(ren) for transitions and what might I change?
- Which transitions are the most difficult and why? How can I plan to prevent difficulties?
- Did I teach the expected positive behavior that I want to see?
- Am I modeling the calm I would like to see in the child?
- Do I give positive attention when transitions go well?

References:

<https://theinspiredtreehouse.com/>

https://challengingbehavior.cbcs.usf.edu/docs/whatworks/WhatWorksBrief_4.pdf

<https://www.naeyc.org/resources/pubs/yc/s ep2018/reducing-challenging-behaviors-during-transitions>

TRANSITION STRATEGIES

to prevent tantrums

1 MAKE IT CLEAR HOW MUCH LONGER THE ACTIVITY WILL LAST.

Use a visual timer, countdowns, give warnings ahead of time.



2 MAKE SURE THE CHILD UNDERSTANDS WHAT IS COMING NEXT.

Use a picture schedule, alternate between preferred and non-preferred activities, stick to a schedule.



3 USE A TRANSITION OBJECT.

Allow the child to bring a toy along with them.



4 DON'T RUSH IT

Give lots of extra time to make transitions that are likely to be difficult for the child.



5 TAKE A SENSORY BREAK.

When moving from one activity to another, try a movement break on a trampoline or play in a tactile bin, with resistance bands, or theraputty.



6 BE PREPARED!

Structure and consistency are key. Organized materials and clearly defined spaces help too.



7 PRACTICE MAKES PERFECT

Use social stories and allow for many repeated practice trials!



8 MAKE "WAIT" TIME LESS FRUSTRATING.

Try songs, fidget toys, movement breaks, and timers.



9 PRACTICE THE ART OF DISTRACTION.

Try songs, bubbles, movement activities that will help the child move from point A to point B.



10 HAVE A WAY OF SIGNALING THAT AN ACTIVITY IS OVER.

Turn off the lights, sing a specific song, make sure everything is cleaned up.

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Resources:

<https://theinspiredtreehouse.com/transition-strategies-preventing-tantrums-during-daily-routine/>