



Transition Strategies

1. **Preparation.** Give your individual advance warning of when, what order and for how long an activity will last. Help them know what to expect for an activity, in a day, situation, particularly if it is new. Be aware that some individual's may only cope with a Now & Next format.
2. Use **visuals supports.** Visuals (timetables, lists, activity schedules, timers) can help create structure and makes expectations clear. Use of a checklists choice boards can provide a feeling of control to the individual.
3. **Build in sensory breaks.** Self-regulation needs a balance of physical activity, attention/alertness and emotions. Sensory activities can make an effective sensory diet and can also be great transition bridges. Use physical and sensory activities (like toilet breaks, changes in rooms, physical challenges/exercises, deep pressure activities, fidget toys) can help to
4. **Use transition markers.** Transition visuals, audio/songs/music or object can assist with an association of a transition. For some this might be a specific symbol, special toy, an object that represents the next activity (jacket for outside, car key for travel, specific bag for school/work/childcare/activity), an instrument, song or piece of music consistently used to represent a specific transition. Songs you make up to familiar tunes can be a good way to gain attention, engagement and include hidden direction.
5. **Use transition activities.** These would be things that could be done in between two other things such as skipping over to the car, star jumps, breathing exercises or counting to ten before moving on to the next thing.
6. **Allow for extra time.** Processing time can be influenced by stress, which can be reduced by making transition expectations clear and giving time to process information of changes/what's next. Be aware of your own time management (not rushing or changing plans). Allowing for extra time to process and adjust will have a more positive impact and encourage a calmer state for all involved.
7. **Use social stories.** For children who have a particularly hard time with transitions, preparing them with relevant social stories ahead of time can be beneficial. Use of multimedia material can also help with explaining and showing planned transitions.
8. **Maintain consistency.** As much as possible, try to stick with the schedule and routines that you have laid out. Use consistent language (between all those involved & yourself).