

# Transition Success

Transitioning from one activity to another activity is challenging for many kids, especially if they are transitioning from something fun to something not as fun.

## Offer the Choice of Independence

For example, you can say "It's time to go. Do you want to put your shoes on all by yourself or do you want me to help and do it for you?"

- ★ This works best with young kids.
- ★ The key is to say this with a tone that communicates these are two reasonable options instead of saying this as a threat.

## Transition Object

Help your child pick out something to bring during the transition.

## Verbal Previewing

In advance say, "First we will go to the grocery store, then we can play outside, and then we will have lunch." Bonus if your child can repeat back the plan!

## Give Your Child Time

Often times we are in such a rush that we jump to repeating or yelling. Instead, try:

1. "It's time to get in the car."
2. YOU gather your things and head toward the car.
3. WAIT a minute or two for your kids to follow. They might just surprise you!

## 5-Minute Warning

Kids don't have a good sense of time, so giving them a heads up that a change is coming can help them get ready for the transition.

## Make a 1-2-3 Plan with Your Child

When you have to transition to something new, help your child identify the 3 steps that need to be done first. For example, when transitioning from play to lunch:

1. Put toys away
2. Wash hands
3. Sit at the table

After having your child repeat back the steps to make sure they've got it, ASK what step comes next instead of TELLING your child what to do.

### Wait For a Natural Break

Imagine you are right in the middle of making dinner and your partner tells you that you have to go RIGHT NOW! Most of us would be pretty upset. Our kids are the same way, so try to transition when they are done building a tower, done watching a show, or done acting out a trip to the zoo.

### Use a Visual Schedule



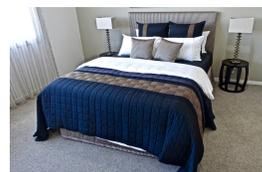
Bath



Brush Teeth



Read One Book



Bedtime

TIP: Pre-readers do better with schedules that go top to bottom.