

Managing Transitions at Home

Why Transitions Are Hard

Stopping one activity and starting another can be challenging, especially when shifting from preferred activities.

Tools to Support Transitions

- Visual schedules
- Timer countdowns
- Clear, simple warnings
- Predictable routines

Steps for Smoother Transitions

1. Give advance warnings.
2. Use visuals or timers.
3. Offer simple choices.
4. Reinforce cooperation.
5. Stay consistent and calm.

Encouragement Matters

Celebrate small successes. With practice and predictability, transitions become easier for children to manage.