

Tips for Transitioning



Sarah Johnson, M.A., BCBA
GCSEC Behavior Analyst

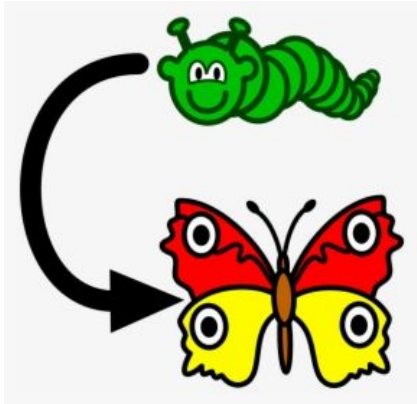
Overview

- What is a transition?
- Why it can be difficult to transition?
- Tips



What is a Transition?

- The process of changing from one activity/location to another

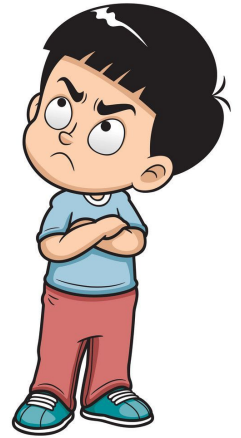


ALL DONE



Why it can be Difficult to Transition?

- Change is hard
- Executive functioning deficits
- Lack of control
- Emotional factor/past transition difficulties
- Inability to avoid stress of transitions
- Leaving preferred item/activity for a less preferred item/activity
 - Intensely engaged





ORGANIZE, PRIORITIZE,
ACTIVATE WORK

MONITOR AND
SELF-REGULATE ACTIONS

UTILIZE WORKING
MEMORY & SHORT TERM
RECALL

MANAGE FRUSTRATIONS
AND MODULATE
EMOTIONS

REGULATE ALERTNESS,
SUSTAIN EFFORT AND
SPEED

FOCUS, SUSTAIN AND
ABILITY TO SHIFT TASK
ATTENTION



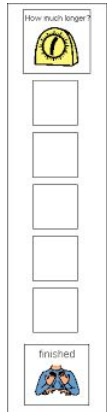
#1 Give Advance Notice



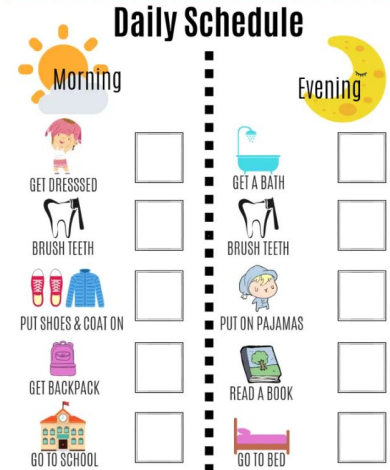
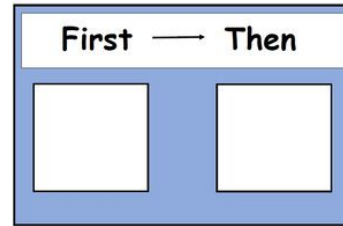
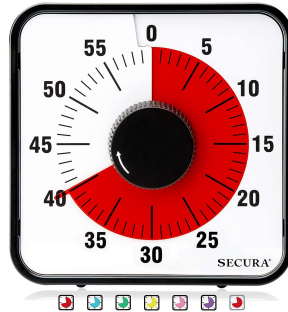
- Give advance notice before a transition is going to occur
 - Using a countdown
- Helps the brain to get ready to shift to another task
- Relieves anxiety of unknown

2 Use Visual Supports

- Time can be an abstract concept so when referring to it for a transition, it often helps to represent it visually.
- Visual clocks, timers, apps on phone, visual schedule, first/then, count down strips, written schedule



- 1
- 2
- 3
- 4
- 5



3 Use Structure and Consistency

- Structure and consistency will help reduce the amount of work that the brain needs to do to make a transition.
- Keeping the general order of daily tasks consistent can also help to make transitions become more automatic.
- Follow the same routine, patterns, driving routes, order of activities
- Slowly work in mixing up routine and flexibility



4 Slow Down

- Avoid rushing your child. Provide enough time for the transition
- Give them transition warnings using verbal and visual supports and then sufficient time to process and come to the transition when they are ready (if possible)
- Don't always be "on the go". Have sufficient down time to reset/recharge



#5 Reduce the Number of Transitions

- Plan your child's day to reduce the number of transitions as much as possible



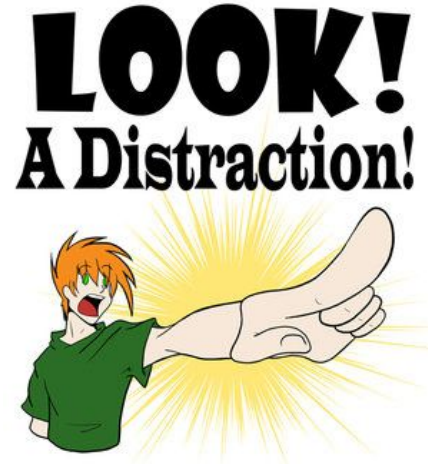
#6 Use Reduced Language

- Keep directions clear and concise
- Clarifies expectations without overloading the brain with irrelevant information
- More language can lead to verbal overload which can increase anxiety and slow down the transition



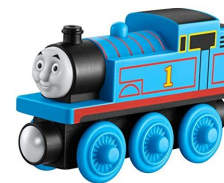
#7 Redirect/Distract

- Keep the child engaged and distracted before/during a transition
 - Talk about something they like
 - Have them look at something along the way
 - Point out what you see around you
- Redirect away from the anxiety and stress of transition and focus on something enjoyable



#8 Transition Object

- Comfort item/security blanket to help make transitions easier
 - Preferred item
 - Can be something from home
 - Concrete learners: object could represent the next activity
 - Music
- Help reduce stress
- Part of our emotional support system
- Naturally, gradually give up item and find other ways to cope with stress
-



#9 Dangle a Carrot

- Offer reward following an activity ending to help with transition
- Promise procedure
 - Showing child preferred item prior to presenting the instruction
 - Line up, give sticker
 - Put away shoes/coat, give chocolate
- Redirects their focus
- Creates positive emotional memories around transitions



#10 Provide Praise for Good Transitions

- Praise when there's a good transition and point out why with specific language
 - “I like that you got in the car when I asked!”





Thank you!

sjohnson@grundyspecialled.org

References

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