

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.

