

10 Transition Strategies

to prevent tantrums



Make it clear to the child how much longer the activity will last:

Use a visual timer, allow a certain number of more turns before transition, give lots of warnings



Make sure the child knows and understands what is coming next and give her something to look forward to:

Visual Schedule/ Planner, break transition down to specific steps



Use a transition object or toy.

Allow child to bring a toy with them during transition; "park" their toys until they are able to play after the next activity



Practice the art of distraction.

Songs, bubbles, movement activities



Consistency, structure, and organization are key!

Minimize lulls, shuffling and waiting by being ready to go



Have a consistent way of signaling that an activity is over.

Sing consistent "Clean Up" or "Line Up" song; clean up all pieces of activities before moving on for sense of completion



Make "wait" time less miserable and confusing.

Movement breaks, visual timers, sensory activities, fidget toys



Don't rush it.

If you know it is going to be a struggle, give LOTS of extra time to make the switch from one activity to another.



Practice makes perfect.

Tell or read social stories to help mentally practice transitions



Make a sensory "pit stop".

Movement pit stops on a trampoline, sensory bins or resistance bands