

# Tîm Camau Bach Tips for Transitions



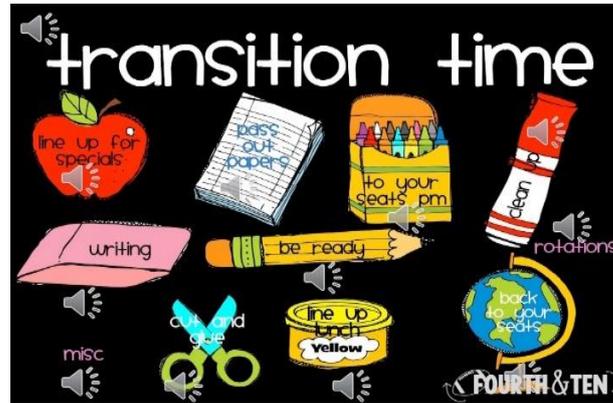
[sirgar.llyw.cymru](http://sirgar.llyw.cymru)

[carmarthenshire.gov.wales](http://carmarthenshire.gov.wales)



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- Moving from one activity/place to the next can be very difficult to cope with for some children. We may see some unwanted behaviours caused by anxiety and stress the child feels at coping with changes. Preparation is the key to managing this situation.
- Visual schedules. So, your child knows what's happening for the day and this can help with changing from one thing to the next.
- Try using objects to show what it is coming next. The object should relate to the next step. E.g. keys mean we are going in the car, bag – we are shopping etc. This example below gives the idea.
- Try making a “Change” box. A little box with items in to cope with change and cards inside depicting the change coming to prepare for the change.
- Use a time tracker - Amazon
- Try a countdown... 5...4...3...2...1. (Time to stop) and do...
- Visually show” what’s next” on the I pad or phone to prepare.
- Bring the next activity to the child’s attention and distract her/him onto to the next thing.
- Set the alarm on your phone? When the alarm rings it’s time to stop this and do....
- Write a Social Story to help your child understand.
- Make a box of favourite toys to use in the transition e.g. we will take your pot of slime to the shop etc.

Try downloading the Brain in Hand app (see below)

<https://www.autism.org.uk/services/education/brain-in-hand>

# Today's Schedule



1		
2		
3		
4		
5		



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# Now then Next Management Cards

