

Changes and Transitions

- It is normal for changes and transitions to cause anxiety
- Find out what the change involves and when it will happen so you can plan for it
- Tell your child about it in advance so they can process and prepare for it
- Explain it to your child at a time when you are both relaxed
- Use clear and simple language, and give your child time to process what you have said
- Use visual supports such as photographs, cartoon pictures, drawings, timetables and Social Stories
- Try to maintain some familiarity by sticking to your child's normal routine, or bringing something familiar into the new situation such as toys or sensory items



Example: Moving school

- Use photos of the new school and staff
- Mark a calendar with start of term
- Use Social Stories to prepare for different aspects of school day