

Changes & 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

For further information go to:

- <https://www.autism.org.uk/visualsupports>
- <https://www.autism.org.uk/about/transition.aspx>
- <https://www.autism.org.uk/about/behaviour/preparing-for-change.aspx>



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