

# LADC Behavior Handout



## Transition Tips!

Learn about ways to make transitions more successful and prevent challenging behaviors.



Try some of the new strategies for better transitions and a way to decrease problem behavior surrounding those transitions.

## Transitions & Challenging Behavior

Transitions are when children are expected to move from one activity to another activity or move from one setting to another setting. As parents, you may notice that your child displays a lot of challenging behavior during transitions. You may see that your child has difficulty before or after mealtime, moving between indoor and outdoor activities, moving between individual and group activities, or getting ready for nap. Why is that?

Transitions can be overwhelming to children due to their unpredictable nature. Children often don't like transitions because they may spend a lot of time waiting, they don't want to end their preferred activity, or maybe your child just doesn't understand the expectations of the transition. Some children struggle during transitions because they have difficulty with change or the inability to complete an activity because the transition occurred without a warning.

Whatever the reason, transitions between activities or places can be a major cause for problem behavior! Try some of the new strategies for better transitions and a way to decrease problem behavior surrounding those transitions. These strategies for transitions will help your child be able to predict and participate in the schedule of activities for the day.

## Tips for Terrific Transitions

### **Tip 1: Use a timer, instrument, or funny noise as a transition cue**

5 minutes before the transition, use a timer, musical instrument or funny noise as a way to give your child advance warning that there is an end to an activity approaching or a transition. If it is a transition that the whole family will participate in, let your child help to play the musical instrument to alert the rest of the family. Visual timers work best for younger children to help them understand how much time is left due to their lack of concept for time. Visual timers are available on app stores to use on phones, iPads or tablets.

## Transition Tips Continued

### Tip 2: Use special objects to help transition

Allow your child to pick out and bring a special object or toy with them as they transition to the next activity or place. "Would dinosaur like to roar with us to the bedroom as we get your clothes on?"

### Tip 3: Use a visual schedule

Use pictures to help your child understand the schedule for the day. "First we will go to school, then we will go to the park, and then we will eat dinner". Pictures help the child to know when they will get access to their preferred activity and to help the child understand what to expect for the day.

### Tip 4: Make the transition into a game

Have the child act like an animal as you try and get them to the dinner table for dinner. Blow bubbles to lead the child to where you want them to transition to (follow the bubbles). Play a guessing game! Have the child help come up with ideas!

### Tip 5: Sing songs as you transition

Children love songs, especially if they are silly songs that you can make up about what you are going to go do or where you are going. The more you get the child to laugh, the less tantrums you will see.

Tidy Up (Sung to Jingle Bells Tune)

Tidy up, Tidy up, put the toys away

Tidy up, Tidy up, we're finished for today

Tidy up, Tidy up, put the toys away

For we'll get them out again, the next time that we play!

Heigh Ho, Heigh Ho  
Its off to the car we go  
We'll buckle our seat  
And have a treat  
Heigh Ho, Heigh Ho,  
Heigh Ho, Heigh ho

Sneaky, sneaky alligator  
Sneaky as can be  
Sneaky, sneaky alligator  
Come and follow me!  
Quiet as can be!

### Tip 6: Give your child a job

When children are part of the process, they feel special and are more cooperative. Maybe the child can help stir something for dinner or help to unlock the car doors with the remote. Any way you can get the child to help will motivate some children to transition to that activity.

### Tip 7: Give your child an activity when there is wait time

When transitioning your child to another place and you know there will be wait time, give your child something to do during that time. Sing a song, read a book, play I Spy. This will help to minimize challenging behavior during the wait time.

### Tip 8: Behavioral Momentum

This is a procedure used to increase compliance. You begin by asking the child to complete three high-probability requests. That is three requests that the child normally complies with.

Examples: touch your nose, give me a high five, spin around in a circle twice, close your eyes, touch your elbow to my elbow, jump up in the air really high 3 times, stomp your feet once, clap your hands 4 times, or hop like a bunny.

Once the momentum of compliance is started, your child is more likely to follow through with the low-probability request after they just completed the three high-probability requests. Always follow through with lots of reinforcement after each request they comply with.