

Children's Therapy and Family Resource Centre

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Tips for Handling Transitions

- Predictable routine. Children expect and handle change better when they know it's coming.
- Give warnings ahead of time.
- Choose your timing. Don't stop one thing if the next activity is not available.
- Watch your wording, do not imply there is a choice if there is not. Change "could you pick up these toys?" to "pick the cars up," or "would you like to put away the cars or the blocks?"
- See if you can make the transition fun. Singing, games, etc.
- Let the child know what is going to happen next. "We are putting away the toys so we can play outside."
- Acknowledge feelings. "I hear that you are disappointed that playtime is finished. We will have playtime again tomorrow. Now it is time for lunch."