

## Tips for Smoother Transitions for Young Children, & Children with Autism

*Dr. Candice Lake, PhD, BCBA-D, LBA, LLP | Director of Autism Center for Child Development*

### 1. SIGNAL TRANSITIONS BY GIVING A WARNING

- e.g., "In 5 minutes, we are going to stop playing and take a bath."

### 2. USE A VISUAL TIMER (SUCH AS TIME TIMER)

- e.g., "When the red on the clock is all gone, it will be time for your bath."
  - Available as apps for your device!



### 3. GIVE A PREFERRED ITEM

- e.g., "It's time for your bath. Here's your favorite bath toy. Let's go!"

### 4. REMAIN CALM AND NEUTRAL.

- Avoid arguing and negotiations.

### 5. FOLLOW THROUGH

- When time is up, move forward with the transition.

### 6. BE PATIENT

- Acting in a predictable manner will make transition easier over time!