



Challenging Behavior Tip Sheet: Changing Activities/ Making Transitions

"HELP!": *My child yells, cries and throws things when they have to change activities (*this is called making transitions)..*

What you can do:

- Make sure to give your child a warning ahead of time that they will have to change activities. Set a timer and tell them when the timer beeps, they need to go to the next activity.
- Give reminder about what comes next — tell the child what he or she can do after they are finished.
- Just before a transition, provide the child with a picture or an object representing the activity that the child should go to next. The child could even take the picture or object to the next activity with him or her.
- Use music and movement to transition. For example, have the child hop or take "giant steps" to the next activity.
- Try to incorporate the child's favorite activity, toy, or person in to a specific activity. For example, if it's time to go to bed and they love reading books with their Dad, you could say, "After you finish your bath time, it will be time to read a book with Daddy!" or, if it's time to leave a friend's house and you have their favorite toy, CD, or book in the car say, "In 2 minutes it will be time to leave and when we get to the car, you get to listen to The Wiggles!"

