

# Transition Tips for Caregivers

Moving from one activity to the next can be challenging. But with a little creativity, practice, and lots of patience, your family can discover ways to make transition times smoother... maybe even fun! Consider these ideas. Children can color the picture.

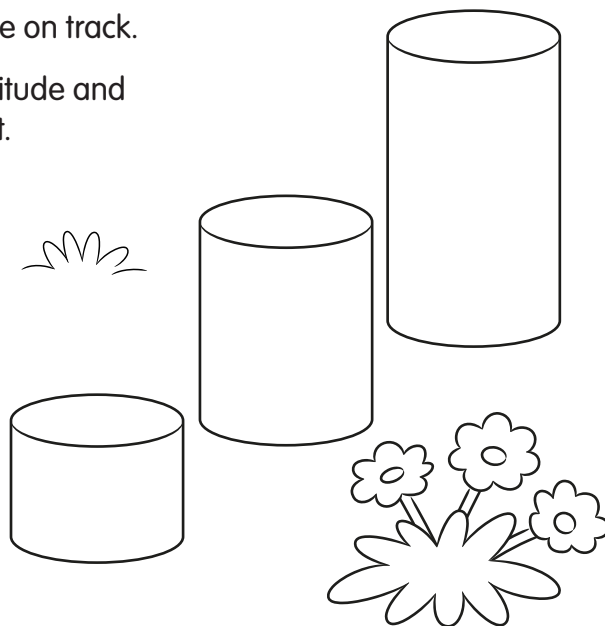
## Say

- Let children know what's coming next—little ones may need several reminders.
- Acknowledge children's thoughts and feelings while firmly (and kindly) following through with your plan.



## Show

- Lead by example, using your body to model the steps you want children to take: stand up to signal it's time to go, start tidying when it's time to clean up.
- Use visual reminders like a chore or routine chart to help keep everyone on track.
- Bring your own positive attitude and enthusiasm for what's next.



## Share

- Join in your child's fun. Invite them to play their way into next activity. *It's a shoes and socks race! Who's gonna win?!*
- Affirmations and celebration can help children (and grown-ups!) feel good about the role they played in helping their family transition smoothly.