



# Making Transitions Easier, Day to Day

If transitions are a daily struggle, the goal isn't to eliminate them, since that's not realistic. It's to build a handful of simple tools into your routine that make each one a little more predictable and a little easier to move through.

“Predictable doesn't mean rigid. It just means their brain doesn't have to guess what's coming.”

## TOOLS TO BUILD IN

- 1 Use a visual schedule, even a simple one.** So “what's next” is something they can see, not just something they're told.
- 2 Pick one consistent warning phrase for transitions.** Use exactly that phrase every time, so it becomes a reliable cue.
- 3 Add a short transition ritual between activities.** A song, a specific walk, a countdown, so there's a bridge, not a hard cut.
- 4 Give extra lead time on days that are already harder.** Low sleep, big changes, high stimulation.

## WHEN A TRANSITION STILL GOES HARD

- ☐ Follow through on the transition anyway, calmly, once it's needed, the tool reduces the difficulty, it doesn't remove the requirement.
- ☐ Note which part was hardest: the warning, the actual switch, or settling into the new activity.
- ☐ Adjust the lead time or the ritual slightly rather than scrapping the whole system.

### TRY THIS

Pick one hard transition (screen-off is a common one) and commit to the exact same warning phrase, at the exact same lead time, every day for two weeks before judging whether it's working.

## KEEPING IT WORKING LONG-TERM

Keep using the same tools even once things improve, consistency is what maintains the progress.

Update the visual schedule as routines change, so it stays accurate and trustworthy.

Loop in every caregiver on the same phrases and tools, so the routine doesn't reset depending on who's around.

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