

Transition Transformers

WHEN YOUR CHILD TENDS
TO GET WILD, COMPETITIVE,
THEN MELT DOWN



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TRANSITIONS AND PARENT COACHING

Transitions can be challenging for children with ADHD and autism, but fear not, I've got your back to make transitions a breeze. Get ready for smoother and happier transitions for your child!

Remember, every child is unique, so adaptation and customization of these strategies to fit your child's individual needs will likely be necessary. You are the expert on your children, get creative as you keep in mind your own child's personality. Also know this: just because something did not work the last time you tried it, doesn't mean that it will not work at a different time. Give things more than one try. Set something that didn't work aside for a while, but keep it in your tool box to try again later.

With patience, humor, and a sprinkle of creativity, you'll transform transitions into triumphs for your child with ADHD or autism. Your patience combined with their creativity creates ease, less anxiety, and much more fun during those difficult times of your day.

Go forth with confidence, enlisting these ideas to create a calmer, happier home.

I believe in you!

For more parenting tips, visit my website: www.confidentparentcoaching.net

Join our community of supportive parents: <https://www.facebook.com/ParentCoachThya>

Together, we can make transitions a smooth sailing adventure!

#ADHDparenting #AutismParenting #TransitionTransformers #YourParentingPartner

CONTENTS

Table of

1 Countdown Calendars

2 Songs or Mantras

3 Candyland Timelines

4 Create A Routine



5 Role-Play

6 Celebrate Small Wins

7 The Power of Choice

8 Use Visual Cues



1

C O U N T D O W N C A L E N D A R S

Create a countdown calendar on a white board or chalk board that allows your child to visually see how many days or hours are left before a transition occurs. This gives them a tangible way to anticipate the change that is coming while helping them prepare mentally for the change. If the transition is from one daily task to another, this visual timer is a great tool to help your child “see” when to anticipate the transition.



2

SONGS OR MANTRAS

Sing or create catchy transition songs or mantras together. Set the tune to familiar melodies or in the cadence of a poem. Make up silly lyrics to make it entertaining. Music and rhyming has a way of capturing attention, they also have a calming effect, making transitions more calm and enjoyable.



3

CANDYLAND TIMELINES

This is an interactive visual timeline that you put in a place where you and your child frequent.

Draw your own personal candyland timeline: create a colorful block path that heads toward certain tasks that must be completed. Create a movable icon of your child (their game piece) and have them move it along the path toward the finish line as they complete each task. To keep your child interested in the process, have them move their game piece. Use this game to provide a clear roadmap for your child. In doing so, you are helping them anticipate what is coming next while giving them a sense of accomplishment as they move their game piece toward the finish line.



4

CREATE A ROUTINE

Establish a consistent routine for transitions, incorporating specific rituals or activities that your child enjoys. This routine serves as a reassuring anchor, signaling the start and end of each transition. It could be a word that they say out loud before they transition, it could be a silly dance they do between transitions, it could be giving themselves a high five. I recommend that it be an action which in and of itself breaks the tasks up.



5

ROLE - PLAY

Act out transitions with your child using role-play. Pretend to be different characters, switching your and your child's role as you practice going through the transition together. This playful approach helps build familiarity and confidence while keeping it light and fun.



6

CELEBRATE SMALL WINS

This step is key, and it works for every child. Acknowledge and celebrate each successful transition with praise, high-fives, or kind words. Positive reinforcement goes a long way in motivating your child and boosting their self-esteem. You cannot do this too much. You will see that the more you acknowledge their wins, the more they will work to do the right thing.

You know your child best. What type of praise works best for them? A big “to do” or a subtle acknowledgement? I highly recommend praising their effort in the form of acknowledging who they are, not just their hard work. For example, “Wow, you got your shoes on so fast. You have a smart brain that figures out how to do things very well.”



7

THE POWER OF CHOICE

The most powerful of all these tools. Empower your child by offering choices within the transition. Offer choice without overwhelm. For example, let them choose between two preferred outfits or two snack options during the transition. This fosters a sense of control and independence.



8

USE VISUAL CUES

Place visual cues in strategic locations to remind your child about the transition. It can be a sticky note on the door, a picture on the bathroom mirror, or a symbol on their school bag—anything that catches their attention and reminds them of the upcoming change.

Let your child be a part of creating the visual cues and have them create at least 5 cues for each activity. Example: Create 5 different sticky notes to put on the bathroom mirror that reminds them to brush their teeth; one sticky note is a drawing of a purple toothbrush, one sticky note is a drawing of a mouth with a toothbrush in it, one sticky note is a drawing of a hand holding a toothbrush etc..

Switch the notes up so that don't get so used to that one visual cue, that they end up not "seeing" it at all. By switching both the sticky note and it's location on the mirror, they'll be engaging their brain as they see the cue.