



PLANNING FOR TRANSITIONS

Transition is movement from one stage or place to another. Examples of transition are when your child moves from one grade to another, or one kind of educational placement to another. Job changes and family moves are also examples of transition. All transitions appear to have several things in common:



A period of uncertainty & questioning. Growth often occurs at this time.



A change in our support system. Family, friends & co-workers are often affected.



Increased feeling of stress or anxiety triggered by the change or adjustment.

Transitions require some advance planning to make the move less hectic, more efficient and successful. They also require the efforts of a *team*. By recruiting friends, family, teachers and other supportive folks to join the transition planning process, we make our load lighter and the journey easier. Think of transition planning as building bridges to your future.

Steps to take for a smoother transition for you or your child.



1. Write down what your next transition will be.



2. Ask yourself & your family members what a successful transition would look like.

For instance, if your child is graduating from high school, would a successful transition include a job? More education? Continuing friendships?



3. Write down worries you may have.

This step will help you to develop any needed contingency plans.



4. Think about your support network.

Which family members, friends, service providers and advisors might help you in this transition?



5. Describe some steps to take to move you forward.

Delegate some of these tasks to your support network.



6. Keep a positive attitude and celebrate successes!

