

Tips for Timely Transitions

Moving from one activity to another can be challenging for young children. Here are some helpful tips to keep your day frustration-free.

1

Give Warnings

One of the most effective strategies in transitioning from one activity to the other is to give a warning of impending change. Give a 5 or 10 minute warning to prepare your child for the next thing. You can also talk about the day's activities so they know what to expect.

2

Use a Timer

Timers or visual schedules allow children to see what comes next. It gives them a focus when time itself is a hard concept to understand. "When the timer runs out, it's time to turn off the T.V." Reward timed transitions with praise so they see the timer as something positive.

3

More Time Between Activities

In our sometimes over-scheduled world, consider what you are asking of your child. Don't forget that unstructured time between activities allows for down-time, play time and time to be a kid.

4

Make it Fun

How do you get your preschooler to leave the TV and get in the car? Try hopping like a kangaroo or singing a favorite song while putting on shoes.

You can also point out why transitions can end in something fun "It's time for dinner now, and after, we'll make desert together."

5

Natural Breaks

Look for natural breaks in your child's activity to make it easier to move on to the next thing. If they are watching TV, wait for a commercial before turning it off. If they are reading a book allow them to finish the page, chapter or story first. Remember to give a warning and count down.

6

Sensory Breaks

Meltdowns can happen when we try to transition a child who is tired, cranky or frustrated. Before you ask them to move to a new activity, try reading a book together, have them to sit quietly for a few minutes, or get into the practice of mindful breathing.

7

Be Consistent & Calm

Easier said than done, it's up to us to model a calm attitude when speaking to our children. Try to set bedtime or meals around the same time, so they know what to expect and when. Kids like routines and respond well to them.

8

Offer Choices

Providing choices will allow kids some power over their lives and can help them be more cooperative. Steer clear of open-ended questions like "What do you want to drink?" Instead, ask "Would you like apple juice or milk? You are still in control of what they get, and they get to choose.

9

Give Praise, Avoid Threats

Kids will work for praise. They want you to be proud of them. Stickers and stars that lead up to a reward are also good motivators. Keep things positive, reward good behavior and tell them when they are doing good.

Source:

<https://www.mindfulmazing.com/transition-strategies-for-kids-9-tips-to-ease-transition-troubles/>
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