

Back to School Transitions



* Transition Signal:

Use a timer and “first, then” language. ([Article](#))

* Transition Activity:

“Would your stuffed animal like to come with us to the grocery store?” ([Article](#))

* Visual Schedule:

Use pictures or drawings as predictable references to eliminate power struggles.

* Loving Boundaries:

Practice makes permanence, and consistency leads to smoother transitions. ([Article](#))



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