



IES Grant #  
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# Prevent Strategy Transition Signals



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**Transition signals let your child know when an activity is about to end and a new activity is about to begin. Providing transition signals can prevent challenging behavior by creating a more predictable environment for your child.**

## Types of Transition Signals

**A verbal signal about how much time is left before the activity ends and/or a new activity begins.**



"One more minute and then blocks are all done."

**Familiar song used during each transition, such as a clean up song.**



"Clean up, clean up, everybody, everywhere..."

**Use a visual such as a first-then board or your child's visual schedule.**



"First bath, and then watch a movie."

**Use a timer to let your child know how much time is left before the activity ends.**



"When the timer goes off, it will be time to get dressed."

**For older children (who understand time), ask how much more time they need before transitioning. You can provide choices to ensure the time is reasonable.**



"How much longer do you think you should have on the iPad? Five minutes or 10 minutes?"



**For more information visit**

<https://cainclusion.org/teachingpyramid/walking-up-the-pyramid/>

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