

Dear Parent

This month we are focusing on transitions within the classroom. Transitions can often times be difficult, and we want to make them as predictable and easy as possible for your student. We are going to be implementing the following strategies in our classroom. I am asking that you pick one transition at home that you can also practice these strategies. It could be the transition from activity to bed time, playing on a tablet to another activity, from dinner to a chore, etc. Practice makes progress and the more we practice, the more at ease transitions will become.

The following is a list of strategies;

1. Visual Schedule: use an after-school visual schedule to help make the transition easier. You can use pictures or words and mark off items as they are done! This way your child will be prepared to what will be coming next.
2. Give a 5-minute warning prior to the activity ending. Visual timers help children to see the time, again making it predictable. Visual timers can be purchased or you can use a visual timer app.
3. Give a signal that the time is over. (the beep of the timer, a ding of a bell, sing a song such as "The Clean Up Song")
4. Proximity to your child to gently guide and assist them while moving to the next activity, referencing that visual schedule to show what is finished and what is next.

These are the 4 steps that we are going to be using in class to begin with! Practice, Practice, Practice!!!! Stick with practicing during the same transition until it becomes a habit, then branch out to other transitions!

If you have any questions, please feel free to reach out to me! I appreciate you help in practicing these transition routines!

Sincerely,