



Ideas for Successful Transitions

With any behaviour management approach, the focus should be on the proactive, antecedent strategies. Always think, "What's in it for him/her?". When teaching a replacement skill, make sure to practice and reinforce!

1. Appropriate Protests

- Predict that he is going to scream and be ready with a visual to prompt an appropriate protest (e.g., "No thank you" "One more minute" etc.
- Present the visual prompt + verbally model the protest if necessary
- If the student protests, acknowledge him and give him 10 more seconds
- Continue to do this for 2-3 more times and then just before the last time say, "Last time"

2. Visuals

- Show him a visual of where you are about to transition to (location or activity)

3. Transitional Warning

- Give him a transitional warning
- Examples:
 - Turn off and on the lights – "Hands on top, that means stop"
 - 2 more minutes
 - 10-9-8-7- etc. (verbal countdown)

4. Use of a Timer

- Set a timer to indicate how much longer of a preferred activity
- That way, when time is up, it's not your fault, it's the timer!

5. Sing Preferred Songs During Transitions (Non-Contingent)

- Regardless of whether a student misbehaves, sing during transition to help distract the student from the transition

6. Transitional Toy (Non-Contingent)

- Regardless of behaviour, allow the student to carry a preferred toy from one location to another

7. "Trade you"

- Give the student a different item (e.g., transitional toy) when the student has to give up a preferred item
- E.g., "I'll take that – Trade you" (and give the student something else preferred)

8. Surprise Transition to a Preferred Activity Instead of "Work"

- Every once in a while, transition the student to something fun, instead of something non-preferred so that the student does not always associate transitions with a less preferred activity