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## Smooth Transitions: Helping Your Child Navigate Daily Changes with Confidence

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# Smooth Transitions: Helping Your Child Navigate Daily Changes with Confidence



Dear Triumph ABA Parents,

September brings fresh routines, new classrooms, and shifting schedules. For children with Autism Spectrum Disorder, transitions can be especially challenging—whether it's moving from summer to school, switching between tasks, or ending a favorite activity.

In this issue, we'll explore practical tips to help you support smoother transitions throughout your child's day, and how to make them feel secure and confident during these changes.

Whether it's getting off the school bus or preparing to leave the playground, small strategies can make a big difference. Let's dive in and create calm where there was once chaos!





## Tips and Tricks for a Smooth Transition



### Use Visual or Verbal Warnings

Give your child a 5-minute, then 2-minute warning before a transition. Visual timers or a countdown can help prepare them for what's next.



### Create Transition Cues

Use consistent songs, phrases, or gestures to signal transitions. For example, a "clean-up song" can mean playtime is ending.



### Stick to Routines

Children thrive on predictability. Keep consistent morning and evening routines, and preview any changes in advance.



### Use a Visual Schedule

Break down the day into pictures or simple words to show what's coming next. You can laminate it and check off each step!



### Validate Feelings and Offer Choices

"It's hard to stop playing, but now we have dinner. Want to skip or hop to the kitchen?" Giving choices gives them a sense of control.



### Celebrate Success

Even a small improvement in transitioning deserves praise! Reinforce positive change with encouragement, high-fives, or a favorite reward.

# NEWSLETTER




# Books

TO  
CHECK  
OUT

It's Time to Go!  
by Kim Griffin

Hands Are Not  
for Hitting  
by Martine  
Agassi

Waiting Is  
Not Easy!  
by Mo Willems



These books  
offer  
child-friendly  
ways to  
introduce  
change,  
patience, and  
emotional  
regulation.



Quote of the month:

**Change is hard at first,  
messy in the middle and  
gorgeous at the end.**

- Robin Sharma



NEWSLETTER