

A PARENT'S ONE-PAGE GUIDE



Transitions Without a Meltdown

Four things to do before you say it is time to go



01

Give a warning. Tell your child what is ending and what comes next, about two minutes before it happens. The surprise is the hard part, not the change.



02

Show it, do not just say it. Give your child something to look at and not just words to hear: a picture, a timer, or two fingers held up.



Name the next good thing. "Shoes on, then the park." Moving toward something is easier than being moved away from something.

03



04

Let the ending be theirs. "One more turn, then we stop." Your child closes the activity instead of having it taken.