



5 Strategies for Smoother Transitions

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1 - DANGLE THE CARROT (THE REINFORCEMENT) BEFORE PROBLEM BEHAVIOR OCCURS.

Propose the reinforcement before you place the demand to transition not after problem behavior occurs.

2- DON'T PHYSICALLY MOVE A CHILD FROM ONE LOCATION TO ANOTHER, EVEN IF THEY ARE SMALL ENOUGH TO CARRY OR MOVE.

If you are currently using too much physical guidance for transitions, you need to stop and implement some other appropriate interventions.

3 - WHENEVER POSSIBLE, GIVE CHOICES.

We need to give our children as many choices as possible to ease transitions.

4 - SANDWICH HARDER ACTIVITIES BETWEEN 2 PREFERRED ACTIVITIES.

Consider using schedules and timers. It is important that all the hard activities are spread out throughout the day and placed between reinforcing activities.

5 - MAKE SURE ALL “WORK” STATIONS ARE PAIRED WITH REINFORCEMENT AND AVOID THE WORD “WORK” WHENEVER YOU CAN

Some of the best classrooms and home programs I have seen have strong reinforcers at every “work” area. If children are not running towards the next activity or at least moving there without problem behavior, your demands are too high and/or your reinforcement is too low.



Could you use support with transitions for your child or client? I can help!

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