

Smooth Transitions: School Year Transitions and Preparing for Changes



Preparation for transition is critical for individuals on the spectrum. Most individuals benefit from knowing what to expect when change occurs. Preparation for summer break and changes in schedule is helpful. Consider using schedules and establishing a visual way to indicate routines and expectations each day.

Preparing Individuals for Summer

To prepare individuals for summer, it may help to establish some routines visually and to plan for new activities. New activities could be introduced using a social narrative with actual photos or videos. For day trips or vacations, using photos or videos from the internet may help you prepare.

Some strategies to remember:

- Continue use of calendars, visual schedules, and maintain routines and structure whenever possible.
- Pack visual schedules, communication tools, and routine cards for day trips and vacations
- Families may consider training daycare, babysitters, or other care providers on visual systems and strategies that are used
 - Role play and practice situations that are new
- Remember to pack favorite items on road trips and when traveling