



# Transitions



Transition is defined as 'passing or change from one place, state, condition to another'. This can mean moving from one activity to another, one class to another but it can also mean the major moves at different stages of education. For example, home to nursery, nursery to primary, primary to secondary, secondary setting to adulthood.

## **Effective ways to help prepare your child for change**

These times of change can often make people feel anxious, especially children with an ASD. They may become anxious, for instance, when changing classes or moving to a new school. They may find it difficult if there is a change of class staff. Sometimes children find it very difficult to cope with meeting new teachers and new friends, and some may find it difficult just to change activity. At all these times children with an ASD may have feelings of uncertainty or confusion.

Children with an ASD are often particularly vulnerable during transition/transfers (changes within and between schools) because of the inevitable change of environment and routine. Even the child who appears very settled in his or her current environment can have difficulties with changing school. A carefully planned programme of transition is crucial.



