

Parent Quick Card: Hard Transitions

Small steps. Big changes.



1

Warn early

"Two more turns, then we go."



Give a clear, specific warning before the change.

2

Validate

"It's hard to stop when you're having fun."



Name their feelings. This helps them feel seen and supported.

3

Offer a choice

"Do you want to hop, walk, or hold hands?"



Choices give a sense of control and help build cooperation.

4

Show what comes next

"First shoes, then snack."



A simple picture of what's next helps their brain switch gears.

5

Keep it calm

Breathe, hug, or drink water if needed.



Your calm helps them stay calm. Take a breath, offer a hug, or a drink of water if needed.

Predictable + connected = smoother transitions.



SPRiG