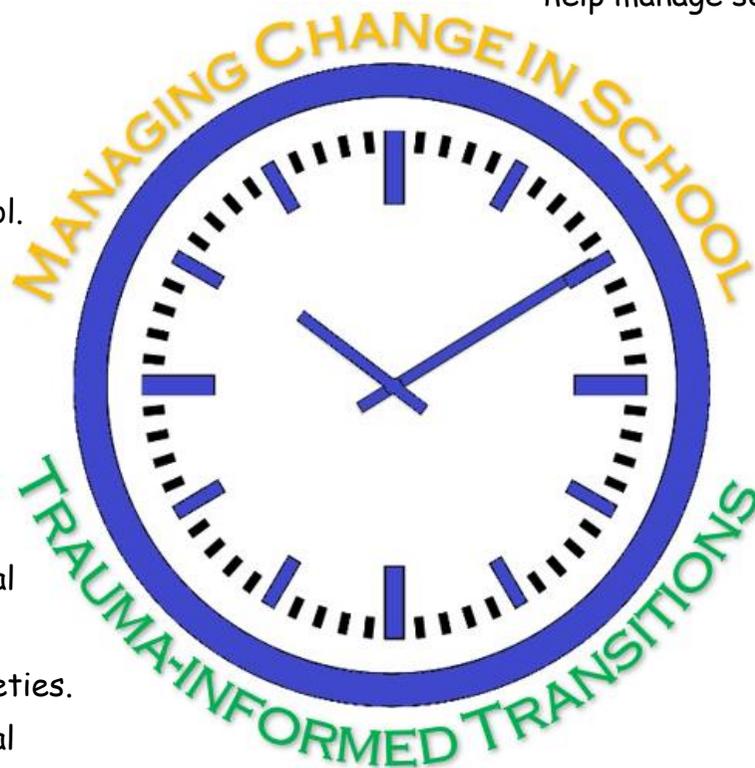


5. Preparing for bigger transitions

- Mark off a calendar to help the child anticipate school holidays.
- Provide photographs of key staff and environments to demystify changes in year group or transfers to a new school.
- Keep in touch with the child over the summer using letters and postcards.

4. Coping with unstructured periods and changes to routine

- Promote structured and consistent social interactions using Social Stories and encouraging attendance at clubs or societies.
- Make Sports Day predictable using visual scheduling and give responsibilities to help the child cope with waiting around.
- Provide more sensory breaks during play rehearsals and parties at Christmas time.
- Explain the reason for staff absences and what will be different during the day. Reassure the child that familiar adults will be coming back.



1. Establish warm and consistent routines

- Arrange time for reassuring conversation with a familiar key adult and opportunities for play or sensory input.
- Be curious about the child's feelings and review the daily schedule.
- Use transitional objects (keyring; photograph; scented tissue) to help manage separations from caregivers or key adults.

2. Getting ready to engage in a learning task

- Establish a sensory diet and schedule calming activities before/after more demanding tasks.
- Break tasks down into small and time-limited steps. Simplify and repeat instructions.
- Model organisational skills using visual checklists and explicit labelling.
- Increase structure - visual markers; key word lists for writing tasks; worked-out examples of maths problems; multiple choice or fill-in-the-blank responses.

3. Managing changes in activity

- Provide advanced warning through verbal feedback and visual countdowns. Model how they can prepare for the next task.
- Empathise when the child is reluctant to move on - *"I know it's really annoying that we have to stop colouring in. You're so good at it and I bet you wish you could colour in for another hour"*.
- Use physical prompts as a means of remembering to return to a preferred task - post-it notes; bookmarks; Reminders/Notes apps on an iPad.