Transition warnings let your child know when an activity is about to end and a new activity is about to begin. Providing transition warnings can prevent challenging behavior by creating a more predictable environment for your child.

**Types of Transition Warnings**

- **A verbal warning about how much time is left before the activity ends and/or a new activity begins.**
  - "One more minute and then blocks are all done."
  - "Clean up, clean up, everybody, everywhere..."
  - "First bath, and then watch a movie."
  - "When the timer goes off, it will be time to get dressed."
  - "How much longer do you think you should have on the iPad? Five minutes or 10 minutes?"

- **Familiar song used during each transition, such as a clean up song.**

- **Use a visual such as a first-then board or your child's visual schedule.**

- **Use a timer to let your child know how much time is left before the activity ends.**

- **For older children (who understand time), ask how much more time they need before transitioning. You can provide choices to ensure the time is reasonable.**

For more information on using other prevent strategies, click here.