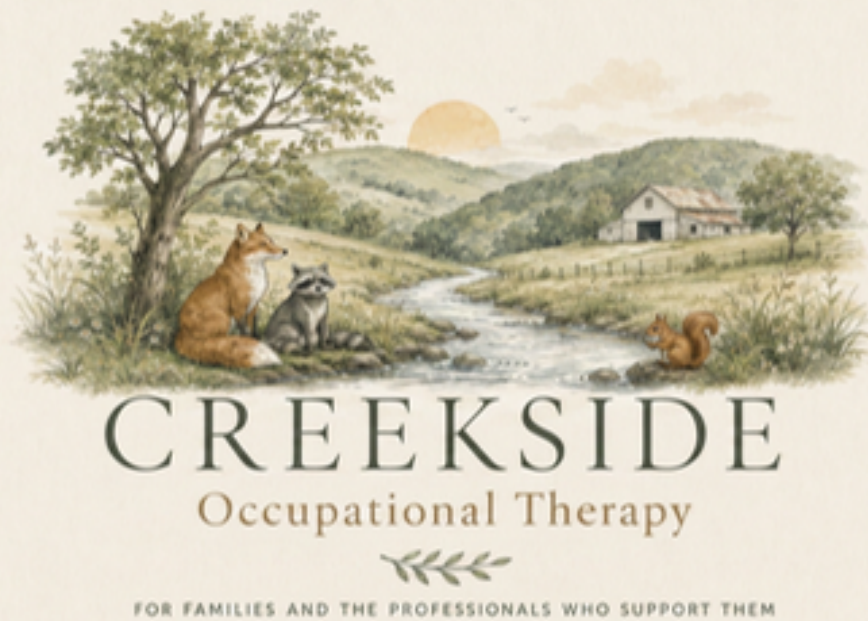




Top 5 OT Tips for Transitions:

- Use Visuals Every Time– Show First–Then, Schedule.
- Prep the body– jump, chew, fidget, or swing before hard transitions.
- Count Down (**Don't surprise!**) Use a 3–2–1 or Visual Timer.
- Carry Comfort– Let them hold a safe stim/fidget to the next spot.
- Praise Approximations– Celebrate any effort to stay with you during transitions.

Sensory Prep Activity Menu

How to Use: *For Transition Readiness, Regulation, and Safe Participation*

- Choose 1–3 activities from different sensory systems to help a child regulate before transitions, tasks, or outings. Each activity should match the child's sensory profile (seeking, avoiding, and mixed).

Sensory System

Proprioceptive (deep pressure) Grounding, calming

- Animal walks (bear, crab, frog)
- Wall pushes
- Weighted lap pad
- Wheelbarrow walking

- Push/pull laundry basket
- Carrying heavy book bag or crate

Vestibular (movement) Alerting or calming (depends on child)

- Slow swinging (linear or rotary)
- Rocking chair
- Jumping on crash mat or trampoline
- Log rolling

Tactile Organizing or desensitizing

- Play dough
- Sensory bin (beans, rice, sand)
- Velcro strips or tactile boards
- Brushing protocol (if trained)
- Lotion/massage time

Oral-Motor Calming, focus, self-regulation

- Chew necklace or tubing (**supervised with strong chewers**)
- Drinking through a thick straw
- Blowing bubbles or cotton balls
- Crunchy snack (pretzels, carrots)

Auditory Soothing, filtering background noise

- Headphones or ear defenders
 - Calming music or white noise
- Transition chime or bell

Visual Focus and regulation

- Lava lamp
- Glitter jar
- Watching a visual stim toy
- Visual countdown or timer

OT Tips:

- Offer choices: "Do you want to jump or chew before we get shoes on?"
- Try to integrate prep into play: e.g., "We're pushing the heavy laundry like a monster!"
- Always monitor for signs of overstimulation (spinning or bouncing too long may dysregulate your child).

This guide is intended for educational purposes and should not replace medical advice. If you have concerns about your child's development, speak with your pediatrician or an occupational therapist.

