

## Family ideas to help make transitions easier for your Autistic / PDA children & young people

A resource to support the webinar delivered by Corrina Wood (www.platypustraining.org)

July 2023 for The PDA Space Portal (www.thepdaspace.com)



When people talk about transitions, they often talk about the big transitions that people experience, such as going from primary to secondary school, moving house or going through puberty.

However, there are also many everyday, smaller transitions that can significantly impact people, especially if you are autistic or/and have a PDA profile.

Change of body state,
e.g. going from sleep to
awake, or a high
sensory arousal state
to a low arousal state
(eg running in
playground to sitting in
car)

Change of sensory input, e.g. pyjamas to school uniform, quiet to loud, busy environments

Change of place / environment e.g. home to school, shops to car

WHAT ARE TRANSITIONS

Change of thinking / cognitive processing style, e.g. from one subject to another at school

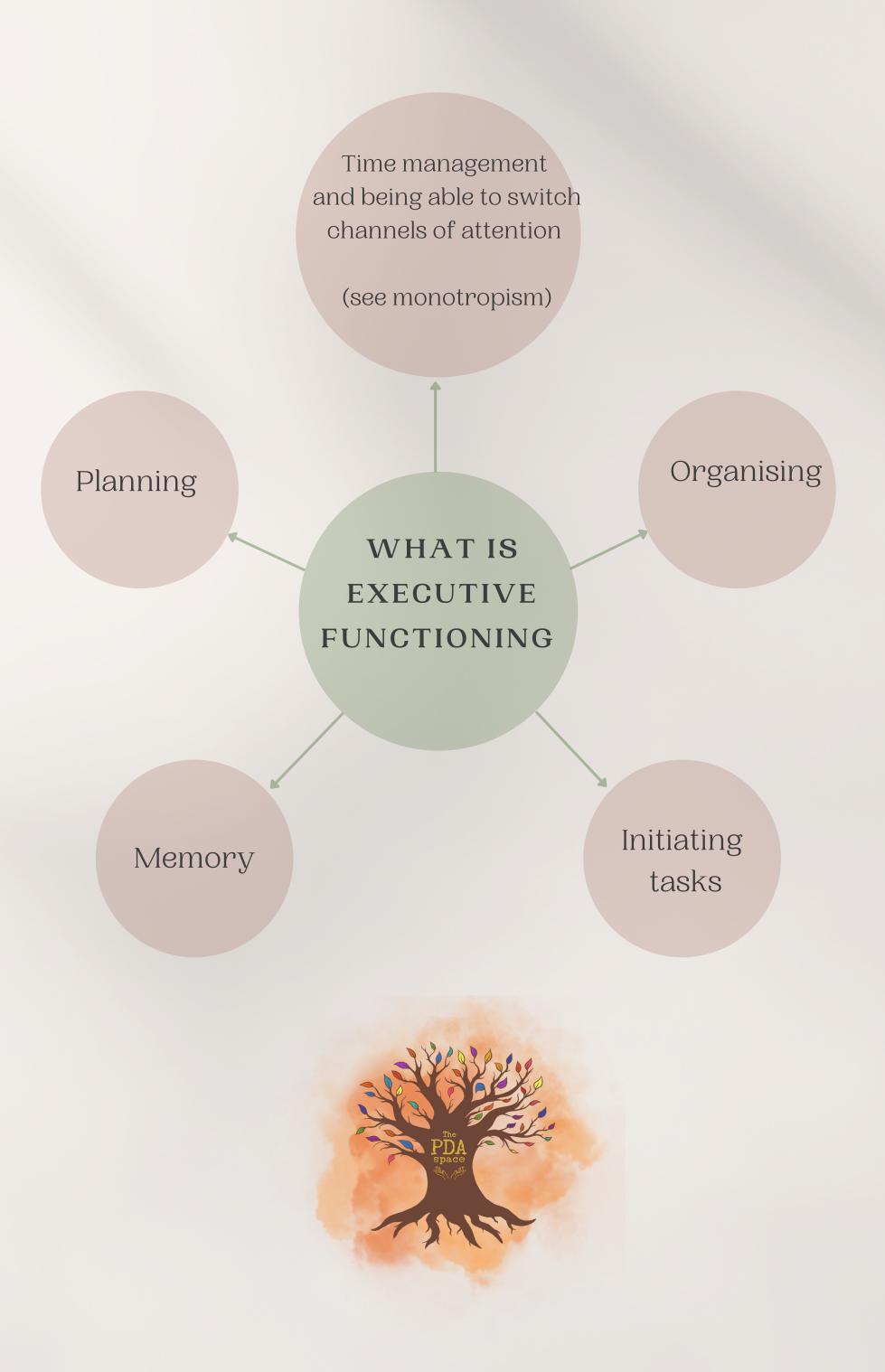
Change of social and communication demands, e.g. going from playing alone on a gaming device to joining in a family meal or event with friends.



Executive functioning is an umbrella term that refers to a collection of cognitive processes that enable people to carry out daily tasks and functions.

Considering how executive functioning skills may affect transitions for your children or young people is important.

Understanding executive functioning can help you plan your day more effectively to support your children and may help family life run smoother.



## IDEAS TO SUPPRORT TRANSITIONS

Plan with your child in advance to reduce anxiety.

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Use visuals such as photos and lists to support understanding

Sandwich a less demanding event between events that use more energy

Be flexible and allow lots of time between events / tasks

Remember your own self care too!



## Signposting



- www.autismunderstood.co.uk
  Website designed by autistic young
  people, for autistic people
- 2 www.autisticparentsuk.org
  Autistic Parent network offering
  peer support
- www.pdasociety.org.uk PDA Society UK
- 4 www.autism.org.uk National Autistic Society UK
- Family support workshops, webinars, coaching and online peer support groups



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Created for The PDA Space Portal

www.thepdaspace.com Created by Helen Edgar



