**Transitions - Now and Then**

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**Note: -**

When children struggle with using a visual timetable a ‘NOW’ and ‘THEN’ chart may be more useful. This also works well with very young children. It will provide them with very clear guidance of what to expect.

**Guidance: -**

1. As each child’s needs are individual, you will have to gather suitable pictures/photographs dependant on the situation, laminate them and attach velcro to the back.
2. Using the chart below (laminated) show the child the picture of what they are doing now and what they are doing next. Saying **‘now’** we are doing… and **‘then’** we will do…
3. All strategies are more effective and meaningful when they are done in the context of a positive trusting and safe relationship

and can offer co-regulation.

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer
* Life Story book
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**

Childs Name here

**Now**

Stick Velcro here

Stick Velcro here

**Then**