



DR. RICK'S 20

Transition

Tricks

MASTERCCLASS

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Autism: The Potential Within

Visits 10–16



Section 3: Daily Hassles Using Misbehavior to Promote Jacob's Emotional Thinking

- **The Good, The Bad & The Ugly**
- **Dr. Rick's 20 Transition Tricks**
- **The Stone in Your Shoe: Sleep**
- **Jacob's Terrible Horrible No Good Very Bad Mornings**
- **Outings and Eating**
- **Toilet Training**
- **Siblings WITH Rivalry**



A Developmental Approach to Transitions

- Children with autism don't like change
- Developmental readiness is key to understanding how to use the transition tricks
- Functional Developmental Capacities
- Climbing the Language Mountain
- Major Transitions
- Rules Reasons and Consequences
- The Impulse Sandwich
- The Transition Tricks
- Transitions Can Promote Functional Developmental



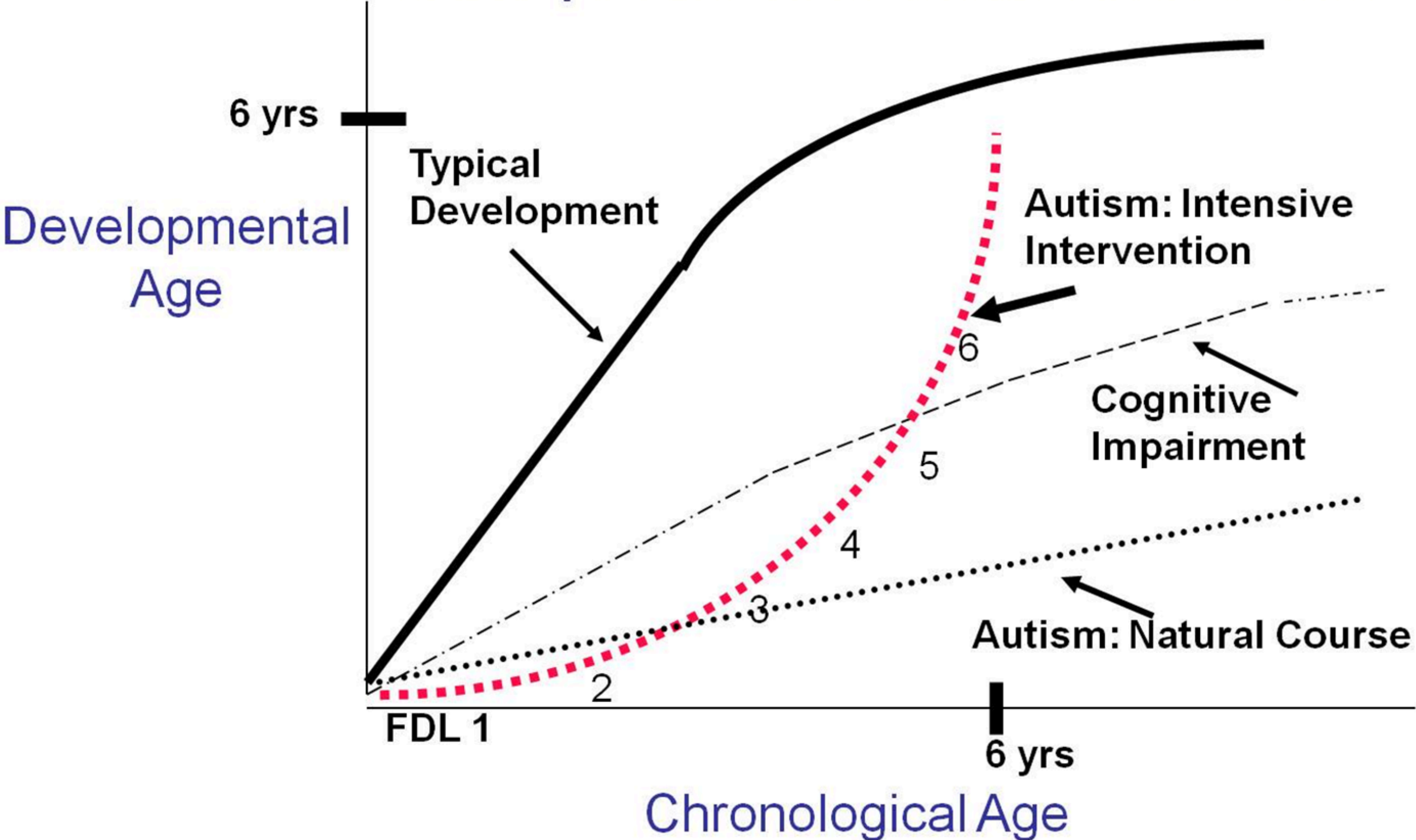


Outcomes

Learn some practical ways to better manage transitions with your child on the spectrum that will:

- Help them truly make sense of the world and their feelings
 - Make the world more predictable
- Deal with sensory overload and sensitivities
- Help them feel less anxious and more secure
- Increase social interaction
- Develop the child's INTERNAL control systems
 - Leading to emotional thinking and maturity

Developmental Course of Autism



Greenspan's Functional Developmental Capacities

- Self regulation and shared attention (FDL 1)
- Engagement (FDL 2)
- Two-way Communication (FDL 3)
- Complex two-way Communication (FDL 4)
- Shared Meanings & Symbolic Play (FDL 5)
- Emotional Thinking (FDL 6)



**Reasoning
starts here!**

Climbing the Language Mountain



Conversations

**Expressive:
Sentences**

**Expressive:
Single Words**

**Receptive:
Give/Get Commands,
Routines**

**Expressive:
Gestural
Communication**

**Two Way Back and
Forth Communication**

Engagement

Shared Attention



Major Transitions

- Daily Routines
 - Mornings & Dawdling
 - Eating at the table
 - Stopping fun activities
 - Toileting
 - Going to sleep
 - Sharing
- Going places
- Going to school
- Others: Your Choice!



The Goal

Help Your Child Control Impulses and
Develop Emotional Thinking and Maturity



Rules, Reasons & Consequences Chart

Rules



Reasons



Consequences



The Top 3 Family Rules

1. No Hitting, no aggression
2. No destroying things on purpose
3. We listen to each other. No ignoring

WHAT ARE YOUR RULES?

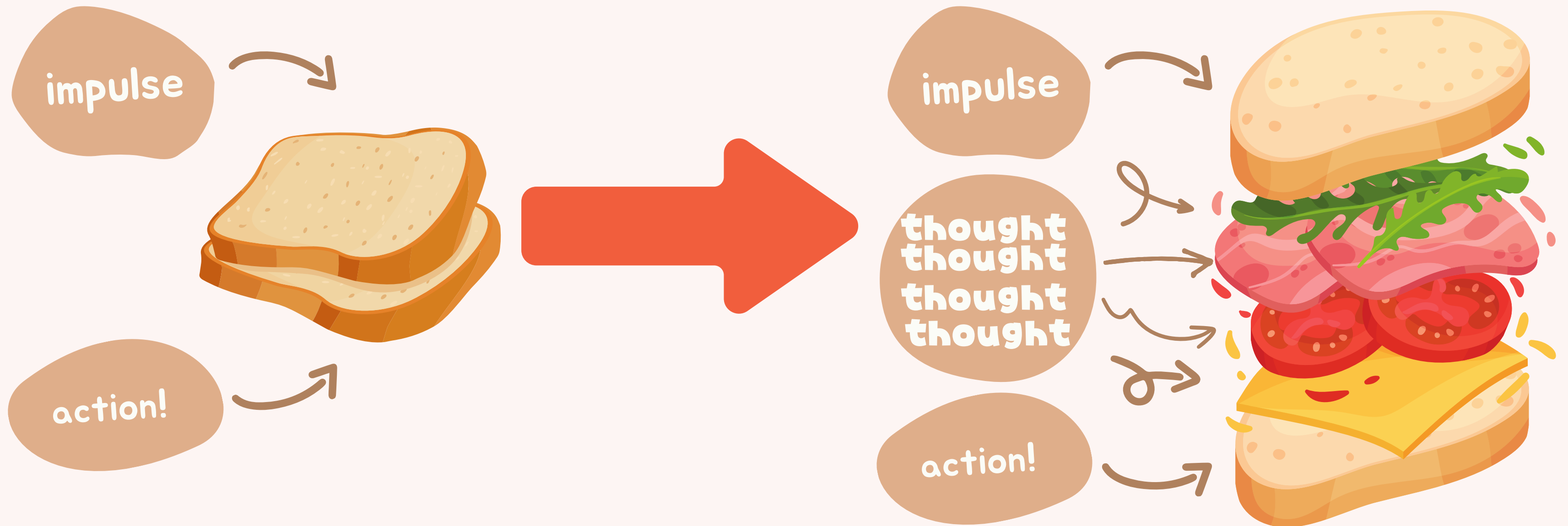




Six Rules for Sharing

1. You don't HAVE to share
2. Favorite toys should be put away (otherwise, they are public toys)
3. Public toys are shared on a first come basis
4. If both children want the same toy: 10 minute rule
5. If both children get to the same toy at the same time: flip a coin.
6. It's nice to share because:
 - It makes the other person happy
 - They will share with you.

Impulse Sandwich





Impulse Sandwich: Aggression

- **Impulse:** I get mad I hit!!
- **Feeling 1:** I want what I want when I want it and if I don't get it I get mad.
- **Feeling 2:** If I don't get what I want I'll yell, hit, scream, until I get it
- **Feeling 3:** When I hit I never get (what I want). I go to time out.
- **Feeling 4:** If I 'use words' I might get what I want sometimes.
- **Action:** 'Mom, I'm mad. I want to watch TV. Please let me watch TV. My program is almost done.'



Transition Tricks

Principles

1. Most important! Mirror back/reflect feelings (of anxiety, anger, upset, etc.)
2. Give m&m's: Meaning and Motivation. Reasons and incentives/prizes
3. Give perspective: Is this really something to get upset about? What is important?
4. Philosophy of 'Can'. Can he do it?
5. Keep your sense of humor and use humor to defuse tension

Strategies

6. Create structure:

- a) Use calendars (for month and week),
- b) schedules (for day),
- c) lists (for hour) and
- d) sequences (for minute).

7. Social stories and Fables

8. Desensitize by successive approximations and repeated exposures.

- Use countdowns, breathing/relaxation




Techniques

9. No sudden 'no's'.
10. Tussle, negotiate, argue, debate
 - Get lots of circles!
11. Preview and Review
12. Video modeling
13. Talk about transitions at the right time
14. Use a game or competition to motivate
 - 'Game show' mode

Techniques

15. Offer bribes or prizes
 - Start very big and go smaller, then wean
16. Hold a favorite object during transitions
17. Sensory blinders (headphones & hat)
18. Threaten to put limits: 1-2-3 Magic
19. Time out or natural consequences
20. Use of force--just do it!





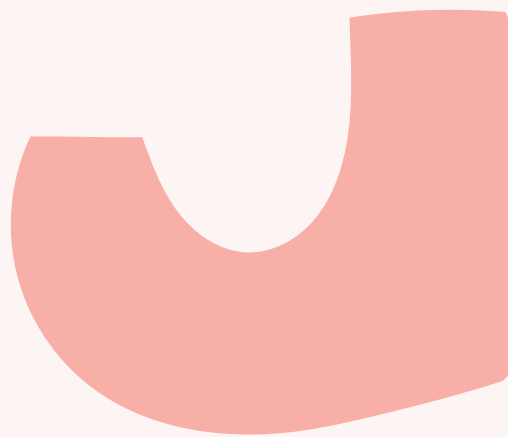
Conclusion: The Benefits

- Transitions offer opportunities to help your child develop coping skills that can last a lifetime.
- Focus on helping your child develop a mature impulse sandwich
Give words for the child's feelings
- Introduce the idea of time and consequences.
- Teach the child how to cope with change and delay gratification
- Reduce immature temper tantrums.
- Teach the child to be more flexible and mature in the face of change.

Resources

- Books

- Autism: The Potential Within
- How to Talk So Kids Will Listen and Listen So Kids Will Talk
- The Incredible 5 Point Scale



Resources

- Find a PLAY Project near you
- Welcome to The PLAY Project online course
- In-person events

