



## 5 Wins for Smoother Days

### 1. Support during Transitions:

- Utilize a game during the transition. This could look like gamifying the transition by making it a race or playing I Spy on the way to the car!
- Utilize something regulating to help. This could look like giving your child a regulating or favorite toy, listening to a favorite song during the transition, or giving your child something of yours if he/she is having a hard time separating.

### 2. Reduce Questions

- Instead of asking your child questions, make statements or even limit talking altogether. This can look like saying “This is hard!” instead of asking them “What’s wrong?”

### 3. Utilize Roles

- During tricky activities use roles to support your child. For example, if your child is having a hard time cleaning up, you could be the “bin holder” and the child could be the “put-er inner” to clean up toys. Grade up or down the roles depending on how hard the activity is that day!

### 4. Try to See the World through their Eyes

- Try to be a detective during hard moments and think about how these big feelings feel inside their little bodies. What is a small problem to you, may be a big problem for them.

### 5. Be With Your Child in a Hard Moment

- Try to think more about being with your child in the emotion instead of doing something to them or for them to “fix” or “stop” the hard moment

