

Protective Factor: Self Regulation

Element: coping with transition and change

Strategy: Small Steps. Break a transition into smaller steps to help children learn what to do. Add photos and make a poster near where the transition will take place.

Reminder Strips

These are examples of steps that help to remind someone how to perform a particular sequence. Sequences can include anything an individual seems unable to remember without a visual cue. For example, place a tooth brushing routine above the sink, or a toileting sequence next to the toilet. For free picture cue cards to use in creating sequence strips go to:

<http://do2learn.com/picturecards/printcards/index.htm>



Frequently used examples of reminder strips:

Brushing Teeth



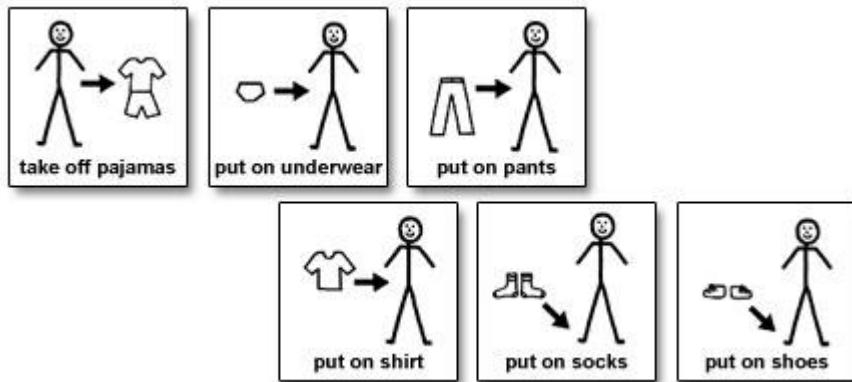
Washing Hands



Washing Face



Getting Dressed



Using the Bathroom



Copyright © 1999-2013 Do2Learn