

# BEHAVIOUR SUPPORT WORKSHOP: CHANGES AND TRANSITIONS

A free workshop for parents and carers of children with additional needs

## You will learn about:

- What are changes and transitions?
- Importance of predictability and routines
- Planning for and managing changes
  - Big changes – Starting school, going on a holiday
  - Small changes – Change of routine, wearing different clothes
- Supporting Transitions
  - Moving between environments (school to home)
  - Starting and ending activities
  - Following routines
- Strategies to support your child with changes and transitions
  - Visual supports and social stories
  - Styles of communication



## You will also:

- Collaborate with other parents and the facilitators
- Take home resources to use with your child
- Practice strategies in the Stay and Play session after the workshop



**Date:** Saturday, 23rd March 2024

**Time:** 10am to 11am

**Location:** Ann Bernadt Children & Family Centre

29 Chandler Way, London SE15 6DT



*The workshop will run during the SENSational Stay and Play session.*

**Crèche:** Provided by SENSational Stay and Play staff during the workshop.

Register interest using this QR code, or  
speak to the team at your SENSational Stay and Play,  
or email [PBSTeam@southwark.gov.uk](mailto:PBSTeam@southwark.gov.uk)

