



# Family ideas to help make transitions easier for your Autistic / PDA children & young people

A resource to support the webinar  
delivered by Corrina Wood  
([www.platypustraining.org](http://www.platypustraining.org))

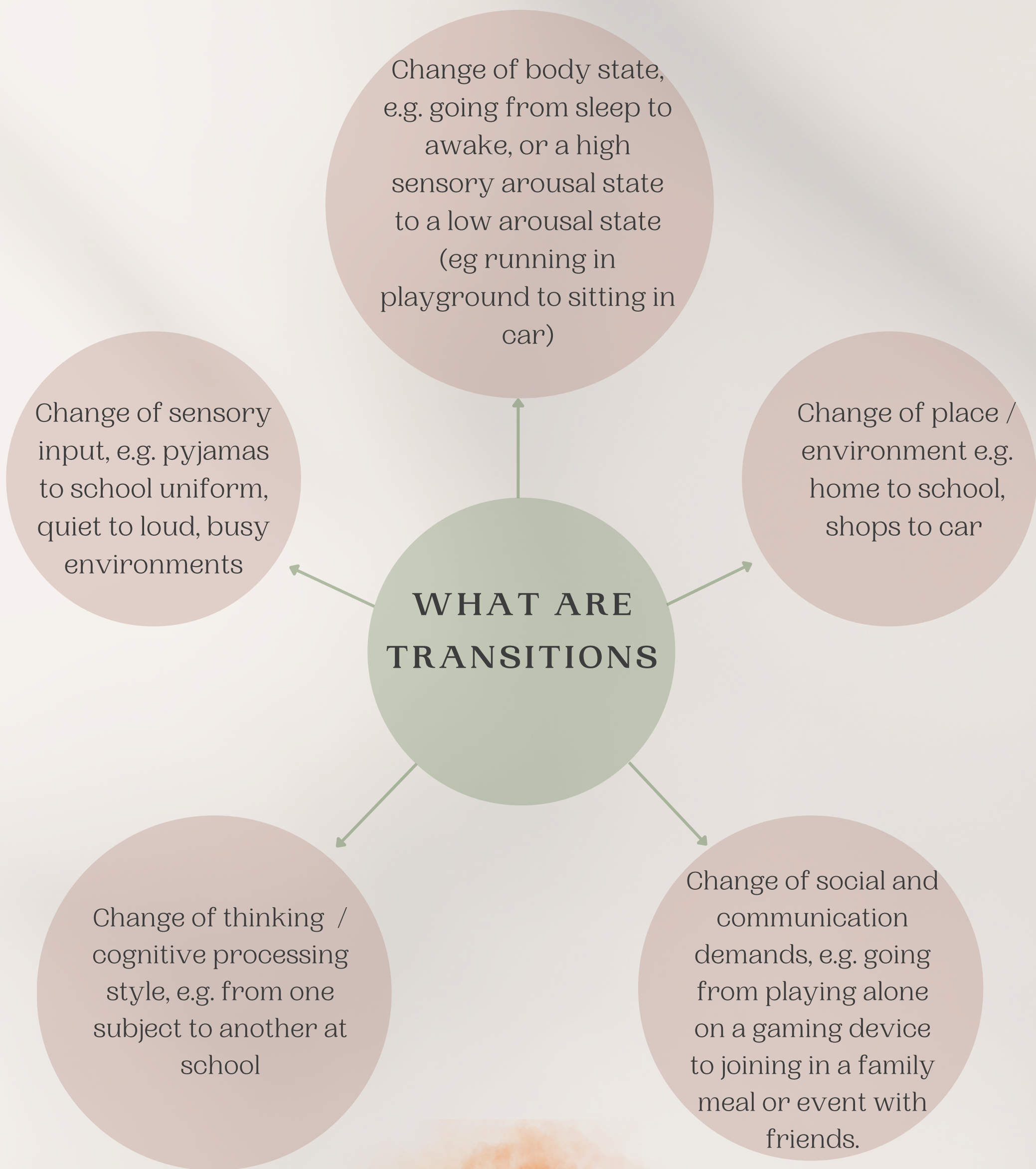
July 2023 for  
The PDA Space Portal  
([www.thepdaspacespace.com](http://www.thepdaspacespace.com))

Created by Helen Edgar



When people talk about transitions, they often talk about the big transitions that people experience, such as going from primary to secondary school, moving house or going through puberty.

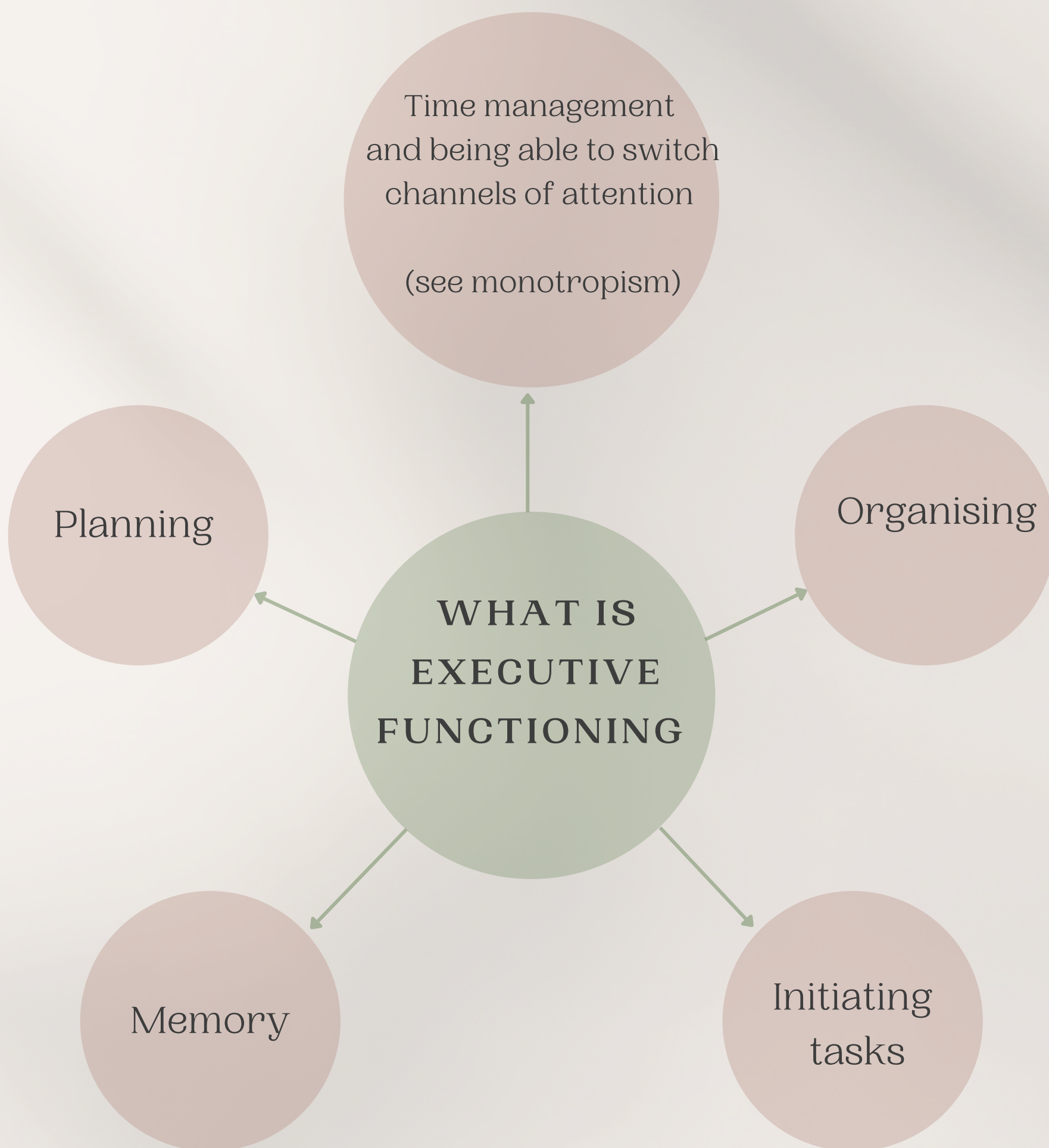
However, there are also many everyday, smaller transitions that can significantly impact people, especially if you are autistic or/and have a PDA profile.



Executive functioning is an umbrella term that refers to a collection of cognitive processes that enable people to carry out daily tasks and functions.

Considering how executive functioning skills may affect transitions for your children or young people is important.

Understanding executive functioning can help you plan your day more effectively to support your children and may help family life run smoother.



# IDEAS TO SUPPORT TRANSITIONS

1

Plan with your child in advance to reduce anxiety.

2

Use visuals such as photos and lists to support understanding

3

Sandwich a less demanding event between events that use more energy

4

Be flexible and allow lots of time between events / tasks

5

Remember your own self care too!



# Signposting



1

[www.autismunderstood.co.uk](http://www.autismunderstood.co.uk)  
Website designed by autistic young people, for autistic people

2

[www.autisticparentsuk.org](http://www.autisticparentsuk.org)  
Autistic Parent network offering peer support

3

[www.pdasociety.org.uk](http://www.pdasociety.org.uk)  
PDA Society UK

4

[www.autism.org.uk](http://www.autism.org.uk)  
National Autistic Society UK

5

[www.thepdaspacespace.com](http://www.thepdaspacespace.com)  
Family support workshops, webinars, coaching and online peer support groups



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