

# Support transitions to anything new

Unexpected change and unfamiliar environments can increase anxiety for autistic students. Use this list as a guide for creating smooth transitions.

- Share information about the transition with whānau and ask their advice.
- Design changes and new environments with and for students.
- Preview changes if possible or support with layouts, images or video.
- Assess the new context or environments for potential issues, for example, sensory challenges.
- Discuss or brief students about transitions and changes of routine.
- Maintain consistent language, routines and systems that are familiar to the student.
- Make connections to the student's strengths, skills, and interests as part of the transition.

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