GENTLE PREPARATION FOR EVERYDAY MOMENTS

Preparing for Change

A Star-friendly planner for transitions, surprises and new experiences



Knowing what is changing - and what will stay familiar - can help a transition feel easier to understand.

Plans can change, and every Star responds in their own way. Use these pages to prepare together where possible, offer choices, and make a simple plan for support. A child can take part by talking, drawing, pointing, using AAC or watching.

What is changing?

Start with a simple, honest explanation. Share what you know, name what is not known yet, and avoid promising something you cannot be sure of.

The change What is happening? Use clear, concrete words or pictures.	**What stays the same?** Name familiar people, objects, routines or choices that will still be there.
What might be different? Explain the parts your Star may notice: place, sounds, timing, people or steps.	**What can my Star choose?** Offer a real choice, such as what to bring, where to sit or who stays nearby.

Something I want my Star to know:

A familiar thing we can bring or keep:

A short preview is often easier to revisit than a long explanation. You can use a photo, drawing, object or a few written steps.

A simple Now / Next / Then strip

Cut out the cards or copy the words onto paper. Add drawings, photos or objects that make sense to your child. Leave out any step that does not fit.

NOW

What is happening now?

NEXT

What will happen next?

THEN

What happens after that?

BREAK

Where can I pause or reset?

Keep the strip where it is easy to see. Your Star can move a marker, turn over a card or ask to look again.

Make a transition plan

Use the prompts that help. The plan can be changed at any time.

The transition or new experience:

What we know / what is still uncertain:

What could help my Star feel more prepared?

[ ] A preview or picture
[ ] Extra time
[ ] A quiet option
[ ] Movement or sensory break
[ ] A familiar object
[ ] A clear first step
[ ] A trusted person
[ ] A choice about how to join

Our break or “finished” signal:

Who can support us, if needed?

After the change

Some children want to talk afterwards. Some need time, quiet or a return to familiar activities. Follow your Star's lead.

What seemed easier than expected?

What would my Star like grown-ups to remember?

What might we adjust next time?

Finishing, pausing, watching or asking for help are all valid ways to move through a change.

This planner offers general family prompts. It is not an assessment. Adapt the ideas to your child and seek individual advice if you need support with a specific situation.