

## Switching Tasks



Changing tasks can be challenging for children especially when they are engrossed in an activity. The following will help a child to process the change and react in a calmer manner.

- Quantifying activities
- Offering warnings when changes are imminent
- Allow plenty of time for the child to make the switch from one task to the next
- Visual timetables

**Notes:**





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# Why it's hard to switch tasks

(Let's call it Tendril Theory)

