



Sample Transition Template

Mealtimes:

- Mealtime song or blessing
- Hold their hand and walk to the table
- Ask them to set table or carry something to table

Dinner Prep:

- Have child help if possible
- Have a special toy basket for that time of day
- Listen to them read aloud while working

Bedtime:

- Bedtime snack (warm milk and honey toast)
- Limit roughhousing & stimulating activities
- Have them get “all ready” & in bed *before* the story