

A transition is any event that results in changes to relationships, routines, expectations or roles. Transitions are a normal part of life and occur throughout the life cycle. Starting school, moving from grade to grade and changing schools are common transitions for children.

While any student can have difficulty with transitions, students with FASD may have greater difficulty coping with transitions. To minimize these difficulties, thoughtful transition planning is important.

Transition planning decisions need to be based on an understanding of the individual student. This means understanding the student's strengths, needs and goals, as well as those of the student's family. Transition planning is dynamic and ongoing. Planning needs to involve community service providers, parents, school staff and the student.

## SAMPLE STRATEGIES

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- *Encourage parents and caregivers to help students write a letter to their new teacher as they prepare to move from one grade or one school to another.*

Alternatively, students could make an *All About Me* chart to give to their new teacher.

See **Tool T** for an **All About Me** template.

- *Encourage parents and caregivers to share their hopes and wishes for their child.*

Share tools, such as *Three Wishes for My Child*, that families could use to communicate their hopes and dreams about their child's future.

See **Tool U** for a **Three Wishes for My Child** template.



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- *Share information on transition planning with both parents and caregivers and school staff.*

There are a number of resources related to transition planning available on the Government of Alberta website, including:

- Chapter 8: Planning for Transitions in *Individualized Program Planning* (2006) (<http://education.alberta.ca/media/525543/ipp8.pdf>)
- *Building on Success: Helping Students Make Transitions from Year to Year* (2006) (<http://education.alberta.ca/media/352661/build.pdf>)
- *Planning for Post-secondary Studies* series (<http://alis.gov.ab.ca/hs/ep/pps/planning/publication-links.html>)
  - Grade Five/Six Student Guide (2007)
  - Grade Nine Student Guide (2004)
  - Grade Twelve Student Guide (2004)
  - Grade Six Parent Guide (2004)
  - Grade Nine Parent Guide (2004)
  - Grade Twelve Parent Guide (2004)
- <http://alis.alberta.ca/ec/ep/pps/planning/disability.html>  
This website offers several resources (videos, transition planning guides and electronic slide show presentations) for students with learning or physical disabilities, their parents and interested educators and professionals.
- *ACYI Transition Planning Protocol for Youth with Disabilities: Your Guide to Reaching New Heights* (2007) (<http://www.seniors.gov.ab.ca/DisabilitySupports/documents/TransitionPlanningProtocol.pdf>)
- *Guidelines for Supporting Successful Transitions for Children and Youth* (2006) ([http://www.child.gov.ab.ca/home/documents/youthprograms/Guidelines\\_for\\_Supporting\\_Successful\\_Transitions\\_for\\_Children\\_and\\_Youth.pdf](http://www.child.gov.ab.ca/home/documents/youthprograms/Guidelines_for_Supporting_Successful_Transitions_for_Children_and_Youth.pdf)).