

One Small Change

Choose one familiar change. Use one clear cue. Keep Stop and Help available.

1. Choose one familiar change

- | | |
|--|---|
| ☐ Leaving home | ☐ Ending a screen or activity |
| ☐ Getting ready for bed | ☐ Moving to homework or mealtime |
| ☐ Another everyday change | |

2. Use one clear cue

- | | |
|---|---|
| ☐ First-Then board | ☐ Transition countdown |
| ☐ Both | ☐ Neither |

FIRST	THEN
☐ Show what happens now	☐ Show what comes next
Short words: _____	Short words: _____

3. Try it once

- | | | |
|----------|--------------------------------|---|
| 1 | Give one short warning | Use the same brief words each time. |
| 2 | Show First and Then | Choose two realistic and safe steps. |
| 3 | Rehearse once when calm | Stop if the cue is increasing distress. |

What we tried - optional factual note

Record only what happened. Do not add a child name, mood, symptom, score, diagnosis, or interpretation.

Cue tried

- ☐ First-Then board
☐ Transition countdown
☐ Both
☐ Neither

Adult support

- ☐ Reminder only
☐ Adult joined
☐ Adult ended attempt
☐ Not recorded

Attempt end

- ☐ Change completed
☐ Part completed
☐ Child declined or stopped
☐ Adult ended
☐ Not recorded

This card records only what was tried. It does not score, label, or interpret a child. A child may use the cue, need help, decline, or stop. Never use a visual tool to withhold a basic need, comfort, medication, or safety.