

THE TRANSITION BUFFER

It's not the task. It's the switch.

You've just fetched them.
Or they've walked in the door.
You ask something small.
Start homework. Get changed.
Pack the bag.

Not because they're
being difficult.

Because they're coming
off a full day of holding
it together.

And it turns.

WHAT'S ACTUALLY HAPPENING

By the time they get home, a lot has already
been used up.

- | | |
|---|---|
|  Listening |  Keeping up |
|  Sitting still |  Managing emotions |
|  Switching between tasks |  Staying focused |

There isn't much left for one more demand,
even a small one.

So when you go straight in, it tips quickly.



WHAT WE TEND TO DO

"Just start."

"Finish this first."

"Let's get this done."

It feels reasonable.
It usually backfires.



TRY THIS INSTEAD

Leave a gap.

Not long.
Just enough.



10-20
minutes
is enough.

WHAT THAT GAP LOOKS LIKE (KEEP IT SIMPLE)



SOMETHING TO EAT

A snack.
A drink.
Nothing complicated.



SOMETHING PHYSICAL

Run. Jump. Move.
Carry something.
Get it out of the body.



A BIT OF QUIET

Headphones.
Room. Low input.
Time alone.

★ It doesn't need to be planned. It just needs to exist.

IMPORTANT

Don't step in too quickly.



No instructions.



No reminders.



No "just quickly..."

Give it a minute.
If you talk too soon, it tends to escalate.

THEN START AGAIN

- ✓ Sit next to them.
- ✓ Read the first question.
- ✓ Get one thing going.

*Not
everything.
Just
enough to
start.*

WHAT YOU'LL NOTICE



Less resistance



Fewer blow-ups



Easier to begin

*It's not the task
It's the switch*



You're not making things easier.

You're making them possible.