KHANYISA TOGETHER · VISUAL GUIDE

Now & Next:

preparing gently for changes

Knowing what comes next lowers the mental effort of adjusting.



WHY IT HELPS

Unexpected changes ask a child to adjust quickly, which takes real energy. Strong reactions are often a sign of effort — not misbehaviour.

Three gentle everyday ideas

1

Share early

Mention a change in a calm moment before the rush begins.

2

Use Now / Next

Pair two simple words or quick drawings: "Now shoes. Next car."

3

Align with school

Ask teachers what cues help at school, and share what helps home.

Now

Pack school bag

→

Next

Quiet time at home

WHEN TO SEEK QUALIFIED SUPPORT

If distress around changes regularly affects sleep, eating, drinking, safety or joining in, speak with your child's doctor, therapist or teacher. Educational only — not medical advice.