

# Ten Top Tips to Support Transition in young children's lives



Young children can go through a lot of transitions in their day to day lives: Changes in the family such as new siblings or moving house; Attending childcare for the first time; Moving room within a nursery; Starting school.

For a smooth transition it's essential that children feel secure, comfortable, and successful with change being introduced gradually.

Transition can be a stressful time for children and families which can have a far-reaching impact on their emotional well-being.

Even small changes such as moving room in a nursery, changing bedroom at home can have a big impact on a child.

**'High quality transitions recognise the importance of feeling known'**

(Birth to 5 Matters p16)

## Here are some ways in which you can support your child.

- 1** Talk to your child positively about what will be happening to prepare them for the transition – won't it be fun moving your toys in to our new home.
- 2** Build their confidence and praise them for their efforts and achievements – well done you've got your shoes, thank you for putting your coat on.
- 3** Support them as they learn to manage and express their feelings: role play the situation such as pushing a doll in a pushchair for a new baby; sharing relevant books about moving house; share photographs of new situations – you might go on a walk past the new setting they will be attending or share photos of it. Let them choose something that will help them respond to their feelings, e.g. blow bubbles or have a cuddle if they are worried or anxious
- 4** Plan healthy meals, have regular routines, and make sure they get enough sleep e.g., the bath, book, bed routine for bedtime.
- 5** Get active together, play outside and make time to walk, run, climb, and have fun. This will support theirs and your mental and physical well-being.
- 6** Give them opportunities to say what they need, to make choices and follow simple instructions: shall we go to the park or the shop? What do we need to do before we go?
- 7** Make time to play and have fun together and show an interest in their talk and ideas e.g., play at the park together, make a den together. Let your child take the lead and share the games they enjoy the most.
- 8** Encourage them to have a go at new activities and keep on trying even when things don't go their way; play simple games together and model that it doesn't matter if you don't win.
- 9** Visit new places and meet new people; if they stay to play without you, let them know you will be back soon.
- 10** When children become anxious about a transition or change offer reassurance. Some children can be particularly vulnerable at these times. Let them know it's ok to be worried or upset, you could help them by taking a favourite toy, object or photo for comfort



For more top tips please visit  
[leicestershire.gov.uk/services-for-children-aged-two-years-to-starting-school](https://leicestershire.gov.uk/services-for-children-aged-two-years-to-starting-school)

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