

# 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.
- 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.
- 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.

