



Transition

Right from the start, babies and young children manage changes in their lives on a daily basis. When small changes, are supported by responsive, knowledgeable, adults, children will gradually discover that the world is a safe and predictable place.

As strong and competent learners' this will stand them in good stead when faced with the challenge of experiencing the bigger changes that will inevitably come their way.



Young children are faced with several transitional changes before they reach the age of 5 or 6. These can include transferring from home to a childminder or into a pre-school setting for the first time. Progressing through nursery and starting in their Primary 1 class.

Children will respond in different ways, some with confidence, others' with more apprehension. However, so many adjustments are likely to have profound and long lasting effects if the importance of maintaining coherence and continuity is not, well understood.



Children's confidence will be enhanced when changes happen gradually and when time is prioritised to support these transitions with sensitive planning and preparation.

Tips and guidance for a smooth transition.

General awareness and good preparation.

Separation anxiety is a healthy and protective emotion. It is your child's way of saying; "You are my safe base and I need to develop trust and confidence in alternate carers."

Recognising that separation anxiety can sometimes cause problems is a good starting point. It means you can prepare for the event and turn it into an adventure, allowing both you and your child to feel stronger and empowered.

Know the routines and activities.

It is good to familiarise yourself with this as you can talk to your child positively about the sorts of activities they will be engaging in during their time in the setting. Like adults, children need reassured and it is good to talk through the daily routines.

Read stories to your child about starting.

This again can help familiarise your child with what will happen at the new setting before they start. Chat to your child about any concerns they may have. Talk to your child in a positive way about these concerns.

Staying confident, cheery and positive.

Although you may be feeling as anxious and emotional as your child, try to stay cheery and confident, as children will pick-up on your feelings of apprehension.

Parents and practitioners working in partnership.

Open communication between parents and staff is crucial. It is important to share information. Parents can give the staff information about their child and in-turn the staff can talk to the parents about their child's experiences in the setting.

Helping your child to grow in confidence and independence.

You are the safe base from which your child can branch out and explore the world, grow and learn and become socially and emotionally confident. Getting off to a good start, will help you support your child through these very important periods in their lives.