

Episode 1 - James Butler

Transitions

Children experience transitions (a change in state) every day. Regardless of their size, all types of transitions can be challenging for a young child. Here's how you can support them.



Micro Transitions

Moving from one area to another; moving from one task/activity to another; from inside to outside. These transitions are easier to deal with if the two activities are already known to the child, but even micro transitions can be unsettling.

Supporting Micro Transitions

- Stick to a routine and talk to your child to prepare them for what's coming next. This could be a reminder that one activity will be coming to an end soon and another is about to begin.
- Use print outs or drawings to give your child a visual chart of the upcoming activities. This allows your child to recognise familiar activities or schedules, while also seeing new activities in advance.
- Give your child a particular job to focus on. E.g., "When we go to the shop, can you help me with..."
- Explain why a transition is taking place.

Macro Transitions

Moving from a well-known place to somewhere new; changing a familiar routine for something unknown – particularly if this change is permanent or unexpected. E.g., starting nursery for the first time, moving rooms within a setting or meeting a new Key Person.

Supporting Macro Transitions

- Visit a new nursery/room in person, so your child can explore it with you and gradually build their level of familiarity.
- Role-play a new situation, place or scenario at home.
- Bring items from the new place into the home, so your child can increase their familiarity. E.g., certain toys, colours or furniture.
- Talking to children about their feelings. Give them information about what to expect.
- If possible, build your own relationship or familiarity with the new nursery/room/scenario. Speak with the practitioners so they know what your child is used to and what they might find comforting.
- Children pick up on your emotions. Stay calm and relaxed yourself to pass those feelings onto your child.