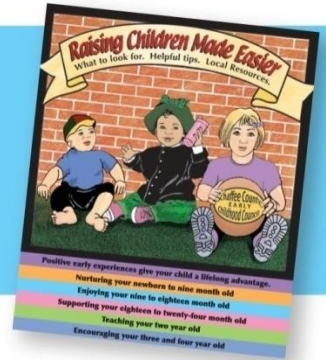




Their beginning.
Our future.



Supporting Your Child Through Transitions

Dione Morgan, MA, ECSE, is the Child Find Coordinator for the Buena Vista area, Circle of Security parent facilitator and Vice-Chairperson of the Chaffee County Early Childhood Council.

Transitions occur every day and throughout the lifespan. Daily transitions occur when we are required to move from one activity or place to another. Transitions also occur when children move from program to program, classroom to classroom and from home to preschool, childcare or kindergarten. It is not too early to begin preparing your child and family for upcoming school transitions in the fall.

All children handle transitions differently. Some children adjust quickly to changes, while others may be slower to warm to the idea. Regardless of their temperament and ability to adjust, your child will benefit when everyone involved collaborates and plans the transition. If you would like additional information about how your child's temperament may affect transitions, visit <https://www.ecmhc.org/temperament/index.html> for additional information.

Children are more comfortable if the transition is expected and planned. Any change in their environment or life can leave a child feeling anxious or unsure of what to expect next. Explain to your child what is going to happen and encourage them to express their concerns or questions. The way that early transitions are handled affects a child's ability to cope with future transitions.

Three Factors to Consider When Transitioning to Childcare, Preschool or Kindergarten

Relationship

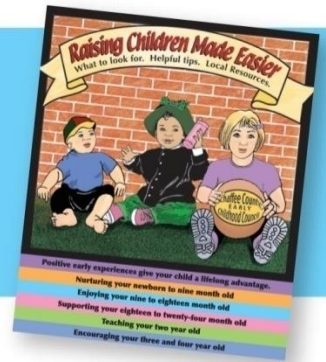
Providers often offer informal meetings with families to explain what the transition will look like for you and your child. If your child's future provider has not set one up, you can request one. You can also help your child to form relationships with other children before school begins, if possible. This may be through play dates, library programming or other family friendly events.

Alignment

Talk with your provider to make sure you understand what the program will look like and anything you may need to be prepared for. The provider can help you to understand their philosophy and practice. This will help you to find a program that aligns with your own values and family practices.



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Communication

Share your hopes, expectations, and concerns with your provider. Effective communication is important for successful transitions. Your child's provider is a partner in your family's journey. Clear communication will help you both understand how you can support each other in this process.

Benefits of Successful Transitions

- More positive outcomes
- More positive relationships
- Less stress for the child and family
- More likely to enjoy school and perform better

Risks of Unsuccessful Transitions

- Challenging behavior
- Poor performance
- Social and emotional struggles
- Difficulties adjusting

Reading with Your Child About Transitions

The Night Before Preschool—By Natasha Wing

Maisy Goes to Preschool—By Lucy Cousins

Rosie Goes to Preschool—By Karen Katz

My First Day at Nursery School—By Becky Edwards

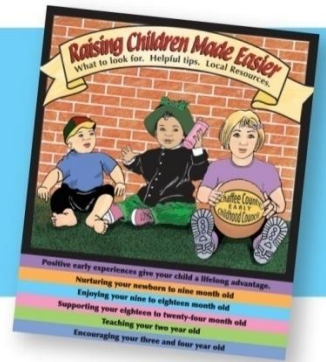
Llama Llama Misses Mama—By Anna Dewdney

Wemberly Worried—by Kevin Henkes

The Kissing Hand—by Audrey Penn



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The Invisible String—by Patrice Karst

For more information on this topic or supporting your child's development visit www.ccecc.org ,
<https://earlylearningco.org> , like Chaffee County Early Childhood Council on Facebook, or email
info@ccecc.org