

Transitions



Every day your child goes through changes and transitions. They may start the day at home, go to their Grandparents, childminder, nursery or school and then back home again.

As your child develops and grows they will also go through many changes which can result in changes to their behaviour. Some example could be;

- Changes in sleep patterns (i.e. giving up a daytime nap)
- Weaning
- Moving from a cot to a bed
- Potty training
- Giving up dummies or comforters
- Starting to wear glasses or a hearing aid
- A diagnosis of allergies or asthma.

Going through changes can mean your child's behaviour might change too. This can be challenging for many parents.

Establishing routines at home will help your child to feel secure, such as having the same bath and bedtime routines every night or always sitting at the table to eat at tea time. Praising and rewarding your child for their positive behaviour will also help lead to more good behaviour.

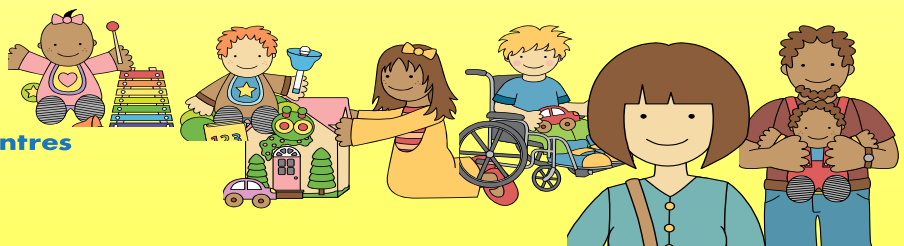
Often lots of people are involved in the care of your child every day. With good communication and sharing information you can help to make sure your child feels safe and settled throughout every day.

Changes at home can also mean transitions in your child's life. Some changes that can affect your child are:

Other BIG changes in your child's life to be aware of include:

- Starting with a childminder or at a nursery
- Moving between rooms in a nursery (baby room to toddler room or toddler room to pre-school room)
- Change of key person in nursery
- Starting school nursery or reception (new clothes to wear, new routines and friends)
- Going to lots of different activity groups and sessions

- New sibling
- Separation and divorce
- Moving house
- Bereavement or illness
- Parent / carer working or away
- Change of hours – early starts and late finishes
- Going on holiday



Making Transitions Easier

Use an 'All About Me'* sheet to record your information about your child to pass on to the new setting. Spend some time filling it in with your child together.

Think about:

- What your child likes and dislikes (toys, food, books, songs)
- Your child's sleep patterns (nap times)
- Any comforters or dummies they have

Some settings will have taster days when you can visit, stay and play with your child, getting to know the new key person and other children and parents.

Communication books are a great way of sharing information with your child's nursery. You can add photographs of your child at home, for example taking their first steps, and write notes to your child's key person, perhaps about new words they have learnt, new songs and stories they like at home, or if they have had a bad night's sleep or are teething.

*Please contact the Early Learning Leader at your local children's centre for 'All About Me' sheets.

For Carr and Hob Moor Children's Centre contact Mandy Brodrick on 01904 555066.

For Westfield Children's Centre contact Anne Cooper on 01904 555289.

For The Avenues, St Lawrence's, Knavesmire and The Avenues @ Derwent Children's Centres contact Rachel Cole on 01904 551250.

For Clifton, Haxby Road and New Earswick Children's Centre contact Ruth Sharp on 01904 552323.

Some useful books to help your child through transitions

- "Just like you did" by Marjorie Newman
- "Mummy and Me" by Emma Chichester Clark
- "My Two Grannies" by Floella Benjamin
- "Our Gracie Aunt" by Jacqueline Woodson
- "I Forgot to Say I love you" by Miriam Moss
- "Harry and the dinosaurs go to school" by Ian Whybrow



Family Learning offer a variety of courses which can support you in understanding your child's development, such as 'Learn Through Play', 'Understanding Child Development', and 'Your Little Angels'.

**Contact the Family Learning team for more information
(01904) 554295**

For more information about children's centres, or to find your nearest, please contact Family Information Service on 01904 554444 or go to www.yorkchildrenscentres.org.uk.