



## System Offering Actions for Resilience In Early Childhood



# TRANSITION



**Transition refers to a change between activities. Read below for information on why it is important to include transitions and how to guide children through them.**

### **When does transition occur?**

Transitions occur between activities, such as snack to playground or large group to recess. They also occur between multiple settings such as preschool to after school and programs such as early learners to preschool, preschool to elementary, etc.

### **Why is it important for me to address transitions with my child?**

Transitions can take a lot of time, and some require children to spend a lot of time waiting. They can be stressful and can ignite negative behavior problems. If done properly, transitions help show children how to engage in activities and teaches responsibility.

### **What can I do to help my child have a smooth transition?**

**BEFORE THE TRANSITION:** Plan your schedule to include as few transitions as possible. Consider what each child and parent's role will be during the transitions. Make sure to provide verbal and non-verbal cues before each transition.

**DURING THE TRANSITIONS:** Teach children the expectations they will need for the transitions. Sing songs, play word or guessing games, recite rhymes or rules. Plan extra activities for children who finish the task/game quickly. Try to keep transitions to a minimum.

**AFTER THE TRANSITION:** While you provide praise during transition, provide specific and positive feedback to children after transitions.