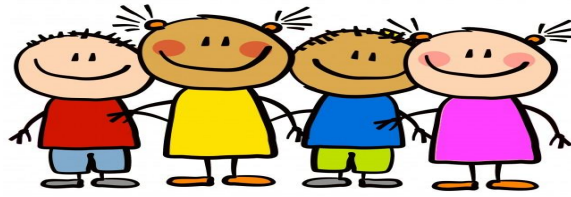


Transitions for families



Make a routine—

Create habits. Be consistent and positive. Children thrive on routines. Have a morning routine, bedtime routine, car ride routine, even a bath time routine.

What is happening next?—

Share ahead of time what the plans are for the day. Then remind as you go. Give verbal reminds-(we are going to the store in 5 minutes). Singing songs, using a timer, making silly sounds, or animal sounds during the transition is fun.

Fun Techniques—

First/Then (first find your shoes/then we will go outside).

Ask if they know what will happen next

Let them help (carry backpack, fold clothes, clean table)

Give choices (you want to walk by yourself or hold my hand)

Give your child a job when transitioning such as: get your diaper, carry your lunch box or backpack, tell me how to get to ACE

Separation-arrival and departure times—

Encourage your child to walk into the classroom by himself or herself. Talk about this ahead of time, make it exciting, and make the separation quick (hug, kiss, and I will see you in 2 hours)