



Helpful tips for Transitions

As your child makes transitions through their life experiences they may experience separation anxiety or a period of adjustment until they make secure attachments with their Educators in the new environment. Above all if you are having any concerns about your child's transition, please speak with the Educators and they will help you put in place strategies to assist your family.

Generally:

- It usually takes a child approximately 20minutes to assimilate on arrival. They may enter areas and leave areas, & then settle into a more prolonged play experience either solo, alongside others or in small groups.
- On arrival, settle your child into an area of play where there are other children. Talk to their peers in play to assist your child to feel comfortable within the group. This may take 10 minutes.
- However, if you need to leave, and your child is unsettled, bring them to an Educator, so they can be comforted and assimilated into the program. It is best not to leave them alone when you leave.
- When you are ready to go, say goodbye happily and say you will be back. It is very important not to leave without saying goodbye and not to return once you have said your goodbyes. The children need to gain trust in your actions and develop trust with the Educators.
- Feel comfortable to come back towards the end of the session and rejoin your child in play.
- The anxiety is sometimes reduced if someone else brings your child to the session.

Please be encouraged to share your child's emotional circumstances with the Educators: maybe they have not had a good night's sleep or have had a difficult start to the day or are just a little unsure on the day.

We hope this may assist you with your child's transitions.