

Top tips to help support your child emotional well being in transitions:

Moving rooms, starting nursery or just a change in the room can be unsettling for you and your child. So, here is few things we would recommend to help support them in transitions.

- *Be positive-* Children model a lot of behaviours displayed by the people and the environment that is important to them, so your role in the transition process is vital in promoting happy experiences and a positive outlook. Consider the language you use to the child and even around them, does it sound exciting?
- *Reassure them-* Being unsure about new experiences can be scary and totally natural, us as adults can feel lots of emotions in situations that we aren't used to as well. Extra cuddles and love will be needed. Be respectful of those feelings and ask the team for different ideas/activities to support them.
- *Be patient-* Seeing you baby unsettled is heart-breaking for you and for us, especially when it may go on for longer than you anticipated. But they will settle and there will be a day that they are running up to the front door to come in, it may seem far away, but it will happen, we promise!
- *Prepare them-* Preparing children has a big role to play in children feeling more secure with what is going to happen. Giving children the right understanding of what is going to happen, at the right time will help children feel more in control. Don't forget to look at your 'Welcome pack' it will have images of your child's room that you can share with them in preparation.

Attach transition leaflet