

# Transitions

Vulnerable children will be feeling deeply frightened by the end and the start of the school year. The change of routine and the inevitable losses and separations bring back old feelings of abandonment and threat. It's a challenging time for everyone – children and adults alike!

## Here are some of our favourite transition top tips for parents/carers and for teachers:



- It's useful for adults to emotionally prepare themselves for the 'transition storm' that is about to begin. Put your seatbelt on and hold tight! The child needs you to be grounded.
- Remind yourself that the child's behaviour is a sign of their inside pain, and they need you to see through the behaviour to help them feel safe, secure and loved.
- Digging down past behaviours to the inside pain, can be hard and tiring work. Take good care of yourself and reach out to your support network for extra help.
- Remind yourself that punishments, withdrawal, consequences and shaming will make the transition harder for everyone.

- Help the child to see the storm coming too. Say "the end of the school year can be a tricky, I'm here to help you through it"
- Help the child name the feelings that they have no words for. Try "I wonder if your 'moving up day' feels pretty scary right now?" or "When things are different like this, I wonder if it makes you worry about being left behind?"
- Help make connections between their behaviour and their feelings, try "When you run away like that it makes me wonder if you don't know where to be to feel safe? You are safe right here".



Tell the child the things they need to hear, don't wait for them to ask you because they don't know what they need! **Tell them:**

- How much you care
  - That you are not going anywhere
  - That they are in your mind even when not in your class/not at home
  - That they are safe and protected
  - That they will not be taken away
- Tell them what is going to happen that day if the routine is different – use pictures and 'steps' to prepare them.
  - Remind them throughout the day what is going to happen and when
  - Keep to as much of the usual routine as you can

Children feel fear in their body. Help the child's body to calm by:

- Doing short bursts of physical activity (star jumps, wall push ups, walking, running) frequently
- Playfully ask them to breathe deeply in the mornings and evenings – e.g. blow bubbles, blow away the feelings
- Do body calming activities with them
- Use sensitive touch to let them know you are there. Touch can be a great calmer.



Use 'transitional objects' to let them know that you are connected, even when apart. How about:

- As a parent, draw a little heart on your hand and the same heart on your child's hand as they go off to school.
- Give your child a special stone, or photo to hold on to at school that reminds them of you
- Teachers – give the child a 'transition card' – a piece of paper with a special message that they look after until you see them again.
- Let the child use their special teddies whenever they need to

**Remind the child (and yourself) that the Transition Storm will come, and it will go. You will stick it out together, and soon it will be over.**

