

# Transition Time

Change is inevitable and I will undergo a number of emotional and environmental transitions before I even reach school age.

When it is time for me to move to a **new Learning Room** at Nursery, I will need to learn a number of new things such as how to interact with **new staff** and children, the **new golden rules** and a **different routine**. My new room may also be in an area of the Nursery I have not seen before. When moving rooms it is a good idea to treat this like the settling in when I first started nursery, as the feelings I have may be similar. My key person at Nursery will help us when the time comes.

If I have had a period of absence such as a holiday or sickness, I will need some time to adjust returning to my 'normal' routine. If there are particular activities I enjoy at Nursery try and replicate these at home. Try to remain upbeat about my return as I will be able to sense if you are anxious. Talk to me about my friends and teachers at nursery too. If I am upset be calm and try the techniques used when I first started Nursery.



Moving house will be disruptive to my routine. I may be unsettled/clingy, not sleep properly, have a decrease appetite. Some ideas to help me with the move are: setting up my new bedroom first so I have familiar items around me; try and let me spend lots of time in our new home and avoid other changes to my routine (such as a holiday) soon after we have moved; try and keep the rest of my routine as consistent as possible



I may cry when I start nursery but this is not because I am unhappy about being there, I will usually settle with an activity very quickly. If I am having trouble settling arrive early and factor in time to comfort and reassure me before you leave; make the actual 'goodbye' quick, please do not keep coming back as I will become confused; be consistent with how you say 'goodbye' so it becomes part of my routine; never just sneak out if you think I am happily playing, I might be more upset if you just disappear!

If I have a new sibling, support me in adjusting by letting me help you; let me help you choose what my new baby brother or sister might wear that day; spend a little time with me each day so I feel special; I now have to share you with someone who requires an extraordinary amount of your time and attention, please try and understand my feelings

