

Transition Times

Some children find transitioning between activities or places difficult. Here are a few ways to meet children's needs during these sometimes chaotic times.



Allow children to bring a transitional object with them from one activity to another. This might mean allowing a teddy bear to come from the car to the child care space, or a truck to sit on the floor at story time.

Ask the child to be your helper-- this might mean that the child who has the most difficulty with transitions is the first one to be told it's time to move to the next activity, and their job is to tell the other children what's next. Other helper tasks could include setting the table, turning lights on or off, or helping peers put shoes on.



Give a verbal warning shortly before the transition, including when the current activity will end, what will happen next, and what each child is expected to do. For example, "In three minutes, we'll start cleaning up to go outside. We'll all work together to get the materials put away and then we'll get our shoes and jackets on."

Have a special song ready for the transition. A specific song that means "clean up" or "nap time" will help children remember what is expected of them and can make for a more pleasant environment.

