

# Transition: A Guide for Parents and Carers

Transition is a time of change and can be a source of both excitement and anxiety for children and for parents. Throughout the transition process, young children need to feel secure and confident that their needs, wants, likes and dislikes will be understood. Young children are dependent on the adults around them to share this important information.

Moving from home to a pre-school, nursery or childminder setting is an exciting and important stage for you and your child. A successful \*transition means that children settle quickly and easily. Parents/carers should be involved at all stages of the process as you know your child best. Working closely together and being positive about this experience will help your child to settle into their new environment.

## Getting to know the setting

Ensure staff welcome you and take the time to show you around the setting and talk to you about your child.

- ▶ You can ask lots of questions and discuss any worries you may have. You may wish to write these down before you go.
- ▶ It's a good idea to share with staff, information about your child's choices and preferences. This could include how your child communicates, their favourite toys, activities and comforters.
- ▶ You may wish to provide photos of people in the family to help your child settle.

## Visiting the setting

- ▶ Your child will be offered some settling in sessions so they can begin to get used to what happens at the provision.
- ▶ You may also be offered a home visit as a further opportunity to share information and build relationships.
- ▶ It's a good idea to arrange a visit together with your child to show them things they may like to do when they get there.
- ▶ Take a photograph of the setting and your child's keyperson so you can talk about them at home.
- ▶ Read stories about starting at a pre-school setting.
- ▶ Practice walking to the setting before they start.



## Sharing information about your child

- ▶ Tell staff about what your child likes and dislikes.
- ▶ Tell staff about any medical or dietary needs your child has.
- ▶ You may wish to tell staff about your child's culture, religion and languages spoken at home.
- ▶ You may wish to tell staff about your family and key people involved in your child's care.

## The setting preparing to greet your child

- ▶ Children will be given time to visit and get used to the routines at the setting.
- ▶ Your child may be able to bring in a toy or book from home to help them to feel more secure.
- ▶ Your child will have a keyperson who will talk to you regularly and tell you about your child's day.
- ▶ The keyperson will celebrate what your child has done during the day.
- ▶ Activities will be planned based on your child's interests to help them learn.

## Settling in and follow up

- ▶ Always wave goodbye with a smile and say you will see your child later.
- ▶ At first your child may be a little unsettled so give them extra cuddles and reassurance and talk about the positive aspects of going to a setting.
- ▶ For some children it can take a while to settle. If you feel confident, your child will too.
- ▶ Talk to your child's key person if you have any worries so that your child can be supported.

## Top tips to help a successful transition

- ▶ Look on the Family Information Directory and see if the setting has a SEND report.
- ▶ Arrange to visit the setting and talk to relevant staff to see how your child would be looked after.
- ▶ Ask the setting about their settling in process and any adjustments they would make to look after your child.
- ▶ Ask if your child can make several visits before starting at different times of the day.
- ▶ Ask if you would be able to stay when they first start or if there is a room you could go to for a short time.
- ▶ Ask to meet the person who will be looking after your child (their key worker).
- ▶ If your child requires additional specialist equipment let the setting know so that they have time to get the training and know how to use it.
- ▶ Tell the setting about your child's favourite toys and activities and anything that may upset them.
- ▶ Ask if your child can keep their comforter with them at the provision.
- ▶ If your child does not like unfamiliar food ask if you are able to bring in food from home. Some settings are very mindful of allergies and prefer that they provide the food to keep all children safe.

Leicestershire  
**SEND**

### Contact us:

**Early Years SEND Inclusion Team**

County Hall Glenfield LE3 8RF

Tel **0116 305 7136**

Email **[Childcare@leics.gov.uk](mailto:Childcare@leics.gov.uk)**

Web **[leicestershire.gov.uk](http://leicestershire.gov.uk)**