

Tip Sheet:

Transitions in Early Childhood



Things to consider

- Parents and children often have very different responses to the same transition
- Families' expectations of early care settings may vary
- Families' past experiences with transitions may affect current and future transitions
- Transitions impact children, parents, and professionals. This impact can be both negative and positive and cause emotions of happiness, joy, stress, and/or anxiety
- A family's transition experience may be influenced by their culture, language, and background
- Age and level of development may influence how a child experiences a transition
- Early care settings may differ and create unique demands on a child and their family

Tips taken from Early Childhood Transitions: Supporting Children and Families
U.S. Department of Health and Human Services,
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/early-childhood-transitions.pdf>

Engaging Families in the Transition to Kindergarten



Laguna, NM Head Start Program

Children's Books about Transition:

The Kissing Hand by Audrey Penn

I Love You All Day Long by Francesca Rusackas

Little School by Beth Norling

Friends at School by Rochelle Bunnett

Moving Day! By Jess Stockham

Big Ernie's New Home: A Story for Children Who Are Moving by Teresa Martin

Home Again by Dorinda Silver Williams

Lila's Sunflowers by Colleen Rowan Kosinski

The Journey by Francesca Sanna



Resources for Early Childhood Transitions

Support for Children and Families:

Child Care

- How to Prepare Babies for Their First Babysitter
<https://www.zerotothree.org/resource/how-to-prepare-babies-for-their-first-babysitter/>
- Matching Your Infant’s or Toddlers Style to the Right Child Care Setting
<https://www.zerotothree.org/resource/matching-your-infants-or-toddlers-style-to-the-right-child-care-setting/>

Kindergarten

- 4 Things Kindergarten Teachers Want You to Know
<https://www.naeyc.org/our-work/families/kindergarten-teachers-want-you-know>

Records

- Getting to know my child booklet
https://www.getreadytoread.org/images/content/downloads/Kindergarten_Readiness_Toolkit/getting_to_know_my_child-english.pdf
- Organizing your child’s school records
<https://www.understood.org/en/articles/tips-on-organizing-your-childs-records-in-a-three-ring-binder>
- Record-keeping Worksheet for communications with programs
<https://www.parentcenterhub.org/recordkeeping/>



Preschool/Early Head Start

- Helping Toddlers Prepare for Preschool
<https://www.zerotothree.org/resource/preschool-prep-how-to-prepare-your-toddler-for-preschool/>
- Transitions in Early Head Start: Tips on Supporting Families of Infants and Toddlers
<https://eclkc.ohs.acf.hhs.gov/publication/transitions-early-head-start-tips-supporting-families-infants-toddlers>

Military

- Smooth School Transitions: Tips for Military Families
<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Smooth-School-Transitions-Tips-for-Military-Families.aspx>

Other

- Early Childhood Transitions: Supporting Children and Families
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/early-childhood-transitions.pdf>
- Parents Reaching Out
<https://parentsreachingout.org/>
- Supporting Transitions Both Big and Small
<https://eclkc.ohs.acf.hhs.gov/publication/supporting-transitions-both-big-small>
- Supporting Transitions: Using Child Development as a Guide
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/supporting-transitions-brief-one.pdf>

Early Childhood Programs/Resources:

- Home Visiting
<https://www.nmeccd.org/home-visiting/>
- Early Intervention Family Infant Toddler (FIT) Program
<https://www.nmeccd.org/fit-families/>
- Child Care Assistance
<https://www.nmeccd.org/child-care-assistance/>
- Early Head Start/Head Start
<https://eclkc.ohs.acf.hhs.gov/>
- NM PreK
<https://www.nmeccd.org/programs-for-pre-k/>