



TOP TIPS

to help children separate from caregivers

*Transitioning from home to school can be tricky for some children.
We are here to help with some 'top tips'*

1

PREPARE YOUR CHILD in advance so that the child knows who will be supporting them and where they will be going when they leave their caregiver. If you are not sure, PLEASE ask us, as we are here to help.

You could also talk lots about your child's teacher. If you would like to know more about your child's teacher, such as things they like or dislike so you can talk about them, PLEASE ask us, as we are here to help.

2

VALIDATE ANY FEELINGS that your child has in response to their feelings about leaving you. Let them know you are listening to them and understand what they are communicating to you, for example "I see that you are sad, it can be tricky to leave each other". Let their teacher know how your child is feeling too.

3

PROVIDE REASSURANCE to your child through talking about when you will return, and tell the teacher who will be collecting your child so that they can explain this, for example; "You will see your daddy after messy play".

Reassurance may also be felt through bringing a comfort toy which smells like the caregiver, helping your child still feel you close.

The class teacher will also maintain validating support for your child and prepare them for when they will see you again, by being clear with them about what to expect.

The class teacher will also listen to you, and update you of your child's progress.



Our door is always open



These **printable transition cards** can be used as a way to let children know that they are **held in mind** by their caregiver, whilst they are at school.



Gift one at breakfast, or pop one in their lunch bag!

Thinking
of
you

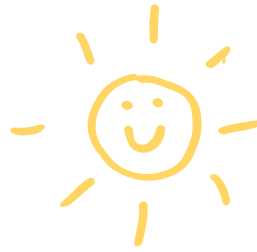
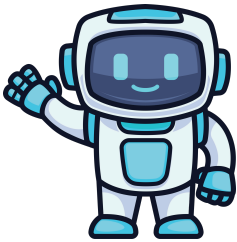


I think
about
you
whilst we
are apart

I think
about
you
whilst
we are
apart



I will see you
very soon!



Thinking of
you



I
believe
in you!

Try creating your own personalised messages too

