

How to make transitions from Summer to School a breeze

Here's a road map
with three practical pitstops for making
the transition from summer to school
a breeze:



Practice, Practice, Practice

Practice the skills
needed for where they are
headed

Practice naming
their "big" emotions

Practice
problem-solving skills



Provide Processing Time

Take time to notice
what they are feeling

Take time to work
through their feelings

Take time to process
all sensory inputs



Prepare To Coach

Be a coach who lets them
know they are safe

Be a coach who talks less
and shows more

Be a coach who give
encouragement and hugs
along the way

All young children struggle with transitions (big and small),
and here are a few reasons why:



1

They are young and still learning
how to stop, think, and then act

2

The concept of time is still
developing and is complicated

3

Having "big" emotions is perfectly
normal and they are learning how
to process and respond