

Transitions in ECE

Transitions in early childhood care and education settings refer to how children move from one environment, routine, or experience to another. These transitions are crucial moments that can affect children's emotional, social, and cognitive development.

Pause and think about the number of transitions you have in your daily schedule.

A predictable and gentle transition helps young children feel more secure by giving them a sense of control over their environment.

Why this is important:

Development of Trust and Emotional Security

Reduction of Anxiety and Stress

Improved Focus and Engagement

Support for Developing Self-Regulation

Promotion of Social Skills

Supporting Cognitive Development

Transition Between Activities

Transition Between Environments

Transition to New Caregivers or Educators

Transition Between Stages of Development

Transition to School

Transitions are natural, but they can be challenging for young children, so careful planning and strategies to support their emotional and developmental needs are key.

What is one strategy you are already doing well?

What is one strategy you will incorporate in your classroom?