



SEPTEMBER 2025

A time for transition

Transitions—such as starting a new school year, moving to a new home, welcoming a sibling, or shifting routines—can feel exciting, but also overwhelming for young children. During these times, children may show big feelings, need extra reassurance, or struggle with changes in behavior. With gentle support, you can help children in your class feel safe and confident as they adjust.

September already and it is time for us all to get used to new routine. Children in new classes, teachers with new children and parents with new ages to navigate. The first day of school is definitely a time for nerves whatever your age. We hope that you and your class have transitioned into the new year with minimal hiccups. For those children still struggling with transition, here are some top tips.

💡 **Tips for supporting children during transitions**

1. Keep Routines Steady and use a visual timetable

Familiar daily routines (mealtimes, welcome, story time) provide comfort and predictability. Try to keep these as consistent as possible, even if everything else feels new. A visual timetable visible through the week can help children know when key things are, especially home time.

2. Talk About the Change

Use simple, honest language to explain what's happening. Read books about transitions from one activity to another to help your children understand and ask questions.

3. Practice Through Play

Children make sense of change by role-playing. Encourage pretend play with dolls, stuffed animals, or toy figures to act out new routines—like going from recess to learning, or gym to writing.

4. Create a “Goodbye Ritual”

For separations, a special hug, handshake, or phrase can make goodbyes easier. Rituals help children know what to expect and provide comfort. An item from home that stays in a back pack can reduce anxiety too.

5. Validate Feelings

Let children in your class know it's okay to feel sad, worried, or excited. Phrases like, *“I can see you're feeling nervous. That makes sense. I'm here with you,”* help children feel understood and secure.

6. Celebrate Small Successes

Notice and praise a child's efforts: *“You tried something new today—that was brave!”* Small celebrations build confidence and resilience.

✦ **Remember:** Change can be hard, but with your steady presence and encouragement, children learn flexibility, confidence, and coping skills that last a lifetime.

If you feel a child in class is really struggling with the change and things are not getting easier, it could be helpful to speak to our team. We can see if there is a language difficulty in understanding the change, or if there is another area that we can provide support, in order for children in your class be independent and successful then please contact us.

Best wishes for the new school year - *From all of us at Building Blocks Therapeutics*

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