



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 your child 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 your family has transitioned into the new year with minimal hiccups.

💡 **Tips for Supporting Your Child During Transitions**

1. Keep Routines Steady

Familiar daily routines (mealtimes, bedtime rituals, story time) provide comfort and predictability. Try to keep these as consistent as possible, even if everything else feels new.

2. Talk About the Change

Use simple, honest language to explain what's happening. Read books about similar transitions to help your child 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 starting school or changing from play to work.

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.

5. Validate Feelings

Let your child 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 your 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 your child is really struggling with the change and things are not getting easier, it will 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 we can provide support to, in order for your child to have success at school, and / or home.

Best wishes for the new school year.

From all of us at Building Blocks Therapeutics