



# Building Brighter Futures

## Parent Newsletter

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Issue 2

### Social and Emotional Development



#### **6 Hints for Easing Kids Through Child-care Changes**

Transitions can be hard for young children, especially toddlers who are, by nature, not fond of change. Being sensitive to the fact that this will be difficult for him, especially because he will also be dealing with the house move, is the most important first step.

Toddlers don't have a firm grasp on time, so don't start talking about the change in childcare until a week or two before the change will take place. Talking about the center change too far in advance may just create more anxiety. In addition, while 18-month-olds do understand a lot, and certainly understand more than they can actually say, they can't begin to fully comprehend complex ideas such as making this kind of social transition by words alone.

Here are some ways to help him accept the change:

**1. Ask your child's current teacher to write some brief notes** about your son to share with his new caregiver. Some important issues to cover would be: how he handles transitions (does she do anything special to help with this?); what his routines are for naptimes and mealtimes; how to comfort him; and what his favorite toys, books, and activities are. Sharing this information with your son's new caregiver helps to ensure some consistency in his life during a period of great changes and can ease the transition into a new childcare setting.

**2. Read books** with him about making changes. Hearing about the similar experiences of others can be a powerful way for young children to make sense of their own situation and may help them feel less alone.

**3. Create ways to help your child remember** and hold on to the old center in his mind. Take photos of the teacher, the room, the playground, his friends, his favorite toys, and create a memory book for him to look at.

**4. Ask his teacher if there is something special she can give to your son** -- such as a cuddly stuffed animal -- that he can take to the new center for comfort when he needs it. This kind of transitional object can help your son hold his old caregiver in his mind and provide the comfort he needs to adapt to his new setting. While some parents worry that these remembrances from the old center will be more upsetting and interfere with the transition, in fact, such keepsakes are very important. They help children remember and honor



their experience in a special place. They also give children permission to express their feelings of loss and sadness, which is key to helping them move on and adapt to what comes next.

**5. Have a special goodbye ritual for his last day.** You can bring in his favorite snack or music tape and have a small party to celebrate his time there. Marking partings like this is important for helping children say goodbye.

**6. If possible, take him to see the new childcare center** several times before he makes the actual transition. Let him explore the room where he will be cared for and meet the caregivers.

<http://www.parents.com/american-baby-magazine/>

### Health and Safety

## HALLOWEEN SAFETY TIPS

- Make sure young children are accompanied by an adult or responsible teenager when they go door-to-door.
- If children are going to be out after dark, make sure they carry a flashlight.
- Teach your children to use the sidewalks if they can. If there are no sidewalks, walk on the left side of the street facing cars.
- Instruct children never to eat anything until they are home and the treats have been carefully examined. Cut and wash fruit before eating. Throw away anything unwrapped. Check the wrappers of commercial treats for evidence of tampering. Call the Pflueville Police Department if there are any suspicious treats. 512-251-2004
- Leave your porch light on so children will know it's OK to visit your home.
- Decorate costumes and treat bags with reflective tape for easier night visibility.

**HAVE A SAFE AND FUN FILLED HALLOWEEN!**