

Transition Workshop

Ss Alban & Stephen Catholic Schools

Presented by: Rachel Robin & Chris Engstrom



**Ss Alban and Stephen
Catholic Junior School**



Ss Alban & Stephen Catholic
Infant & Nursery School

Aims of workshop

- To have a positive approach to moving on
- Understand what is meant by transition
- Explore what will be the same/different for us and our children
- Consider how we could support our child by building on their resilience, self esteem and independence

What do we mean by transition?

Definition:

- The process or a period of changing from one state or condition to another.
- *'students in transition from one programme to another'*

(www.en.oxforddictionaries.com)

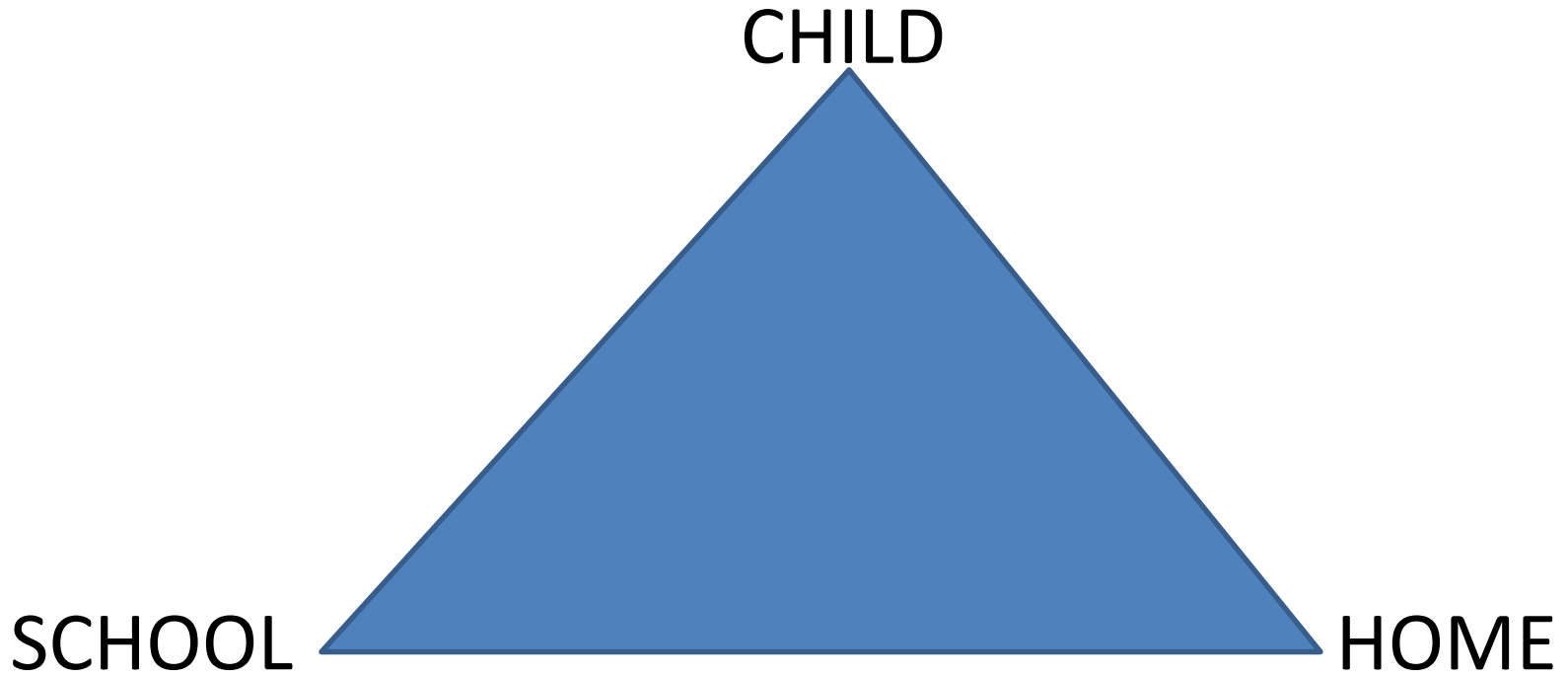
Growing Up



Dependent

Independent

Triangle of Support





WHAT WILL BE
THE SAME?

WHAT WILL BE
DIFFERENT?

How to support our children

- **Appropriate expectations**
- **Self esteem**
- **Listen**
- **Empathy & problem solving**
- **Prepare and practice**
- **Network of support**
- **Remember**
- **Have fun**

Appropriate Expectations



What lowers self esteem?

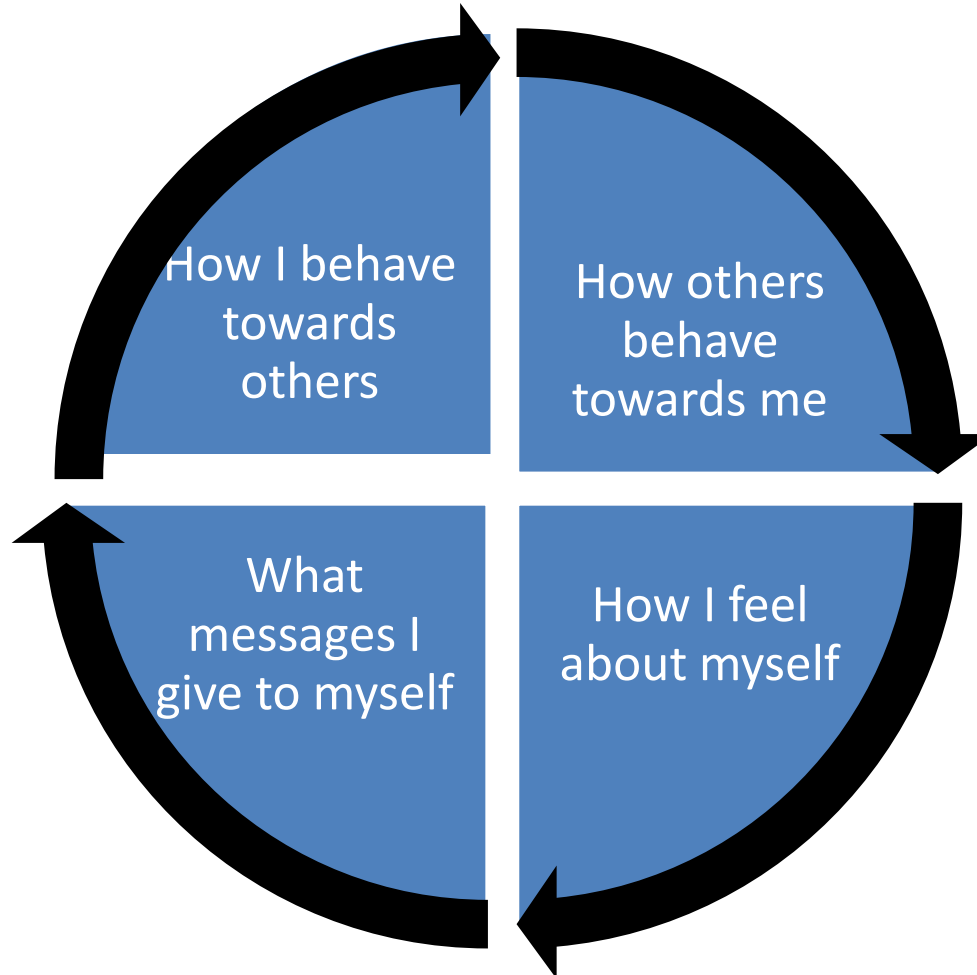
- Discouragement (nagging, labelling, bossing, shouting, complaining, sarcasm, threatening, comparing, controlling, expectations, no responsibility)
- Things going wrong (their perception)
- Being bullied
- Bad body image
- Change of friendship groups
- Not feeling understood
- Rowing of parents/with parents
- Not getting attention
- Change (new house/baby etc)

What raises self esteem?

- Specific/detailed praise
- Recognition/positive attention
- Things going right
- Being good at something
- Feeling cared for
- Being listened to
- Good friends
- Respect
- Trust
- Showing we love them even if we don't like behaviour
- Being able to solve our own problems

TRANSITION

Cycle of self esteem



Listening



Empathy

Empathy is...

seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.



Ways to show empathy

Listen :

Become an “empathic listener” by listening for feelings.

Listen for the unspoken feelings that are behind the words that are said.

Look at your child’s [body language](#) and try to gain helpful information.

Listen with your heart.

Don’t be critical.

Give your child your full attention by sitting down, looking him/her in the eye.· Try to reflect back the feeling that you believe your child is conveying.

Ask open-ended questions.

What will you miss about preschool? What do you like about your new teacher?

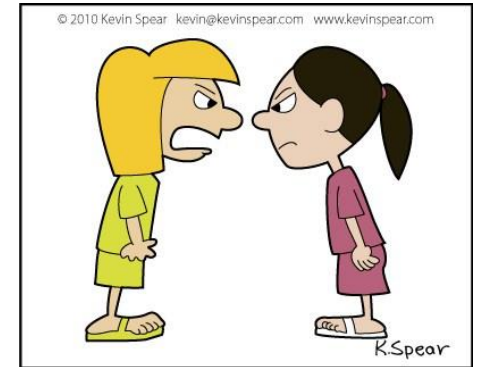
What’s the hardest part of your day?

Share a story from your childhood. Share a struggle that you had and the different feelings that you experienced. If you found a process that helped you overcome the struggle, share that, too.

Another helpful tip is to understand that transitions often involve a sense of loss: A loss of fun. A loss of spontaneity. Or a loss of my house.

Generally, when a child feels a sense of loss s/he feels a loss of control. A beneficial strategy is to help the child gain a sense of control. So how do you do that?

Problem solving



"I am NOT upset. I'm just more animated than usual."

**LITTLE MISS
LATE**
By Roger Hargreaves

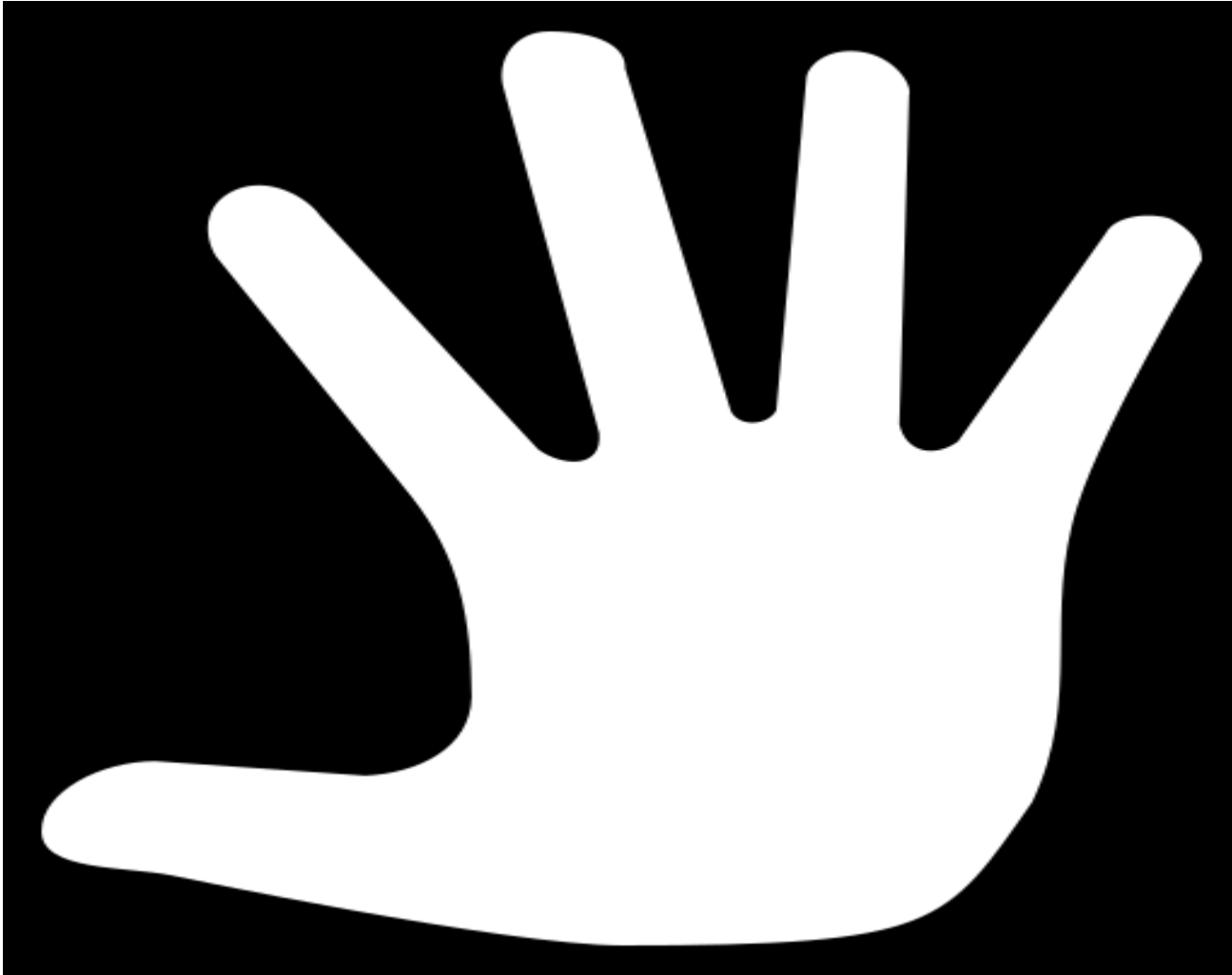


Who's problem is it?

Prepare and Practice



Helping hand



Good memories



Have Fun!

- Spend time with your child
- Time in
- Time out
- See friends if possible
- Enjoy the Summer holiday!

Questions and evaluations

- Any questions?



FAMILY SUPPORT SERVICES

Partnership Development Manager/Director of Vista St Albans CIC – Jo Maher

Tel: 07939 111152 Office: 01727 855134

Email: vistastalbans@gmail.com

www.vistastalbans.org.uk