

A handbook designed for keyworkers within the early years during the transition stage

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"Transitions in life can offer opportunities for discovery" (Robbie Shelly)



Nick Scott, 2021)

(Source: Transition together)



(Source:

Human Development

Context page -

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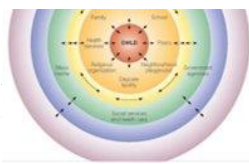
Introduction

Transitions: "A change from one form to another, or the process by which this happens" (Cambridge Dictionary)

Through life children will go through many different transitions within the early years, especially from birth to five years old. Transitioning is all about change, from moving from the baby section to toddlers, or even more up a year group in school, all these are big changes for children, as early years staff we need to be there to make these transitions as smooth as possible for the children. When moving rooms, there is not just a change in rooms, but there would be a change within daily routine, different staff members and different children, which could be much older than the child is coming up from babies.

While working within the early years, it is very important that a transition from babies into the toddler room is a huge change for the child, it is key during this process that staff members within the baby room communicate with the toddler staff about the child, also that parents are also involved with this communication so everyone that's helping with this transition are all on the same page. Carrying on from this communication will help with the child's emotional, physical, and social needs, as a baby these needs are still growing and developing, for the child too have the best possible chance of growing within the nursery.

Bronfenbrenner (1974) believes that if individuals highlight experiences children have and listen and respond to the child in a positive way, this will prepare the child for the transition, also help the child learn and understand the meaning of change. Following this, Bronfenbrenner also mentions the environment that the children are in from researching, it is said that when children are in a good, positive environment their views on the environment will become more complex. It is said that children will be able to grow and mature by having this understanding. Following from this, by the child having good relationships a good environment it will help their mental wellbeing. However, if these above are failed to happen it will make it harder for the child to have a smooth transition also they may be scared for new beginnings and changes when growing up.



Ecological system theory states that the environment has a big effect on a child. This also highlights the communication with the parents and the key to having this good partnership with each other, this will give a smooth transition not just for the child but for the parents as well.
(Source: SimplyPsychology)

How to use this handbook

This handbook was designed so that keyworkers to get as much help as they can when a child is going through the transition stage. This is mainly for children who are newborn too 2 years of age, in a nursery/creche setting.

The Welsh Government (2017) states that when a child is going through the transition it must be managed in the best way possible also have the child's needs and feelings in consideration. It is very important as well that there is support for the parents and the key workers through this transitions.

This handbook should be used to help keyworkers how to give children the best transition process they can possible have. By reading this handbook it will guide keyworkers in the right direction on how to deal with certain situations through this transition phase, such as how to deal with parents and how to help the child. After reading this handbook, keyworkers will have a better understanding of effective communication with everyone that is going through this transition phase.

Lev Vygotsky (1896-1934) believed that children learn through physical interaction. He also states that by supporting parents and having effective communication this will help the children with their physical interaction. Vygotsky's sociocultural theory has shown that interactions with family and interactions with others is an asset to a child's development. By children working alongside others, it open the children's eyes on what their needs and abilities are.



(Source: Psychology Notes, 2022)

Following this, this handbook will show key workers how effective it is to build relationships with the parents / carers. It is also very important as a keyworker you build that special bond with the child, by having this, the child will have a lot of trust and faith with their keyworker. By having good relationships with parents, it gives them the opportunity to put their trust in their child's keyworker, this will let the parents be stress free. It all comes back to communication, this will reassure the parents on what their child is doing, and how the child is getting on with the transition.



Source: glowsScotland.org)

By having 1:1 time with your key child, this will able key workers to create that special bond, and have a great understanding of their social, emotional and physical needs. When moving from the baby room into the toddler room it is so important if you are given the role as their key worker you have an understanding of how scary it can be for a 2 year old to go from room with new born babies and one year old's to much older children who are 2-3, it is the key worker's responsibility to show the child that transitioning and moving rooms is a positive and happy experience. (teachearlyears.com. Anjali Patel)

Role of the adult

During the transition stage it is very important that children are fully supported, by being supportive it will make it easier for the child going through the transition to be more confident and be able to spread their wings. To start off with it'll be hard for the child to get used to the new routine, but as time goes by the child will become more independent within their new room. By being key workers it is very important that we help the child as much as possible, by giving children this help, it help the children with future transitions, and it is also a reassuring for the parents.

Adults are a key asset while a child is developing, by looking at who is a big part of the child's life this gives us the opportunity to see how adults can fill in the gaps to support children in the best way. By being a key person in a child's life, it will help the child trust their keyworker and be able to be comfortable around them (Future Learn).

Maslow looks at a child's needs, and what the child needs to be safe and happy. Maslow's hierarchy of needs is a 5 tier model of human needs, and this links into what children need. By having self-actualization, as a key worker it will let the child shine brighter than ever. By letting children find what they are good at and what they enjoy will let the child develop and create new relationships. This will highlight the transition in a positive way.



(Source: SimplePsychology 2022)

As being a child's key worker, it is so important that a relationship is created between the child and the keyworker. This is where Maslow comes in with love and belonging. During the transition from babies to toddlers, that child will need an attachment with their key worker so the child feels more comfortable with their key worker and the transition they are going through. When a child feels that sense of connection with their keyworker, the child's social develop will grow, this means, new friendships, new relationships a totally new perspective of this transition.

As the role of the adult, it is very important that before this transition begins that the child has filter groups. By having filter groups it enables the child to get used to the new room, the toddler room is a completely different room to babies, children will become much more independent, this will help the child become more confident and used to the room. It will also give the keyworker a chance to speak to staff members which have worked with the child to see what the child's needs are and what they like/dislike to do.

Here are pointers on what a keyworker will do -

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- Have contact with family members within the child's life to create that relationship / bond.
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- Help with doing observations on the child.
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- Empowering the child/ showing them how to be confident
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- Provide support

(Source: childrens.nchc.nhs.uk)

The needs of the child

The needs of the child is the most important thing in early years childcare, as key workers it is important the child comes first with this transition from babies to toddlers. By being there for the child, showing love and care it will create a positive transition.

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The children's hospital of Colorado has said these are the eight things children need to 'thrive' -

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- Children must feel safe, and have basic needs such as love, food and shelter. The child should also feel protected.
- Children should have stability
- Children need consistency
- Emotional support is important – show the child respect, self-esteem and independence
- Give the child the best education
- It is key for children to have a positive role model
- Make sure the child structure, doing things at the child's pace will make them respect you more.



(Source: FamlyApp 2021)

Each child is different, children learn and develop in their own special way. Nevertheless, every single child needs those basic needs no matter how different they are all to each other. As a child's keyworker it is important you are aware of what these needs are and the best way to meet those needs. By meeting these basic needs it will be a big help towards the child's development and growth. Why are meeting these needs important? By having guidance in a child's life this will show them how to love, interact with others and be the best they can be (ivyrep.org, 2018)

When the child is transitioning from babies to toddlers, it is very important that as key workers we listen to how the child will communicate with us such as, crying, babbling and sometimes children are able to talk at that age. By looking out of these, we can meet the child's needs and what they need to feel comfortable and safe. The importance of children creating that special bond with their key worker will make the child's transition much easier and smoother for the child.

One of the best ways, and the most effective way for children to learn and develop is through play. By children playing, it is developing their social and emotional skills. Also, children are using their senses while playing and this will make the child more understanding of what their senses are – touch, taste, smell, hearing and vision. By playing children will copy behaviours and language (familylives, 2022)



(Source: Friendship circle, 2011)

Froebel Trust

'Play is the highest expression of human development in childhood for it alone is the free expression of what is in a child's soul.' (Friedrich Froebel)

Froebel realised how important play was with children when he opened the first kindergarten in 1836. He believes It is the best way to learn, and it will let children understand the world better.

Being able to play shows that children have their own freedom in this world, it gives children the chance to take risks, and learn with nature.

(Friedrich Froebel 1782-1852)

When the child is going through this transition from babies to toddlers, making sure the child feels safe, loved and taken care of. As the role of a key worker, growing a special relationship with the children will make sure the child gets these basic needs. By children having that secure attachment, it will make the child feel, happier, secure within their new environment.

Accepting the child is another way of meeting the children's needs. No child should feel discriminated or treated differently. Communication is key, while going through the transition the child's key worker needs to be aware of any cultural beliefs, or any needs the child has such as ALN. By the key worker being aware of these, we are looking out for the child and what the child needs to feel happy in their new transition.



(Source: Kidspress magazine, 2017)

Partnerships

When being a child's keyworker it is important that the parents are involved and know everything about the transition. By working with parents and carers it is important to the early years foundation stage (EYFS). Keyworkers can create this relationship by inviting the parents into the setting so they can see how their child is settling in. As key workers it will give the child a smooth transition if you have a chat with parents about the child, such as – dislikes, likes, personal history and any cultural beliefs.

When parents can see how much their child has a bond with their key worker it will put their minds at ease about the child's transition.



(Source: astreacastle.org)

Communication is a massive part of good relationship/partnership. Especially at the start of the transition to babies to toddler room, by communicating parents will be able to have a full understanding on the child's development, the different activities and how the transition is going. Another way of communicating with parents when you're a keyworker is sharing observations with the parents, by parents seeing pictures of the children in nursery it will calm them about the transition.

(GOV.UK)

Interventions

When children are coming to nursery it is so important that the child is getting the best possible care and being looked after with love and care. As a child's keyworker, children will put all their trust in you to look out for them and be their superhero. The environment the children are in is such an important factor to how a child develops. Children love to explore.

By having taster sessions and letting the child and the parents see the room their child is transitioning in this will make it a smoother transition for the child. They are both able to see how the room works and what the routine is, as it will be different from babies to toddlers.

If children are shown praise while going through this transition this will bring a positive attitude/environment for the child. By doing this children will not be getting upset and frustrated, the child will be happy, calm and enjoy the transition. As a key worker, this will be a very important job. (child mind institute, 2021)



(Source: The enquire learning trust, 2019)

Proposed outcomes

It is very important that as keyworkers that we understand that all children are different and learn in unique ways. Children will deal with the transition differently, some will be okay and be able to cope with the new routine, but others may need a little bit more time to get used to all the new surroundings.

The proposed outcomes from this, is that all children have a smooth, safe and positive transition. It is so important that key worker's communicate with the parents and let the parents know how their child is doing with the new routine, also how they are socially, emotionally, and physically developing.

Sigmund Freud, believed that things that happen in a child's childhood have a big influence on their adult lives and how the child develops. This links in with transitioning because, if a child has a positive transition this will make them less stress / anxious with new beginnings in the future, however, if the child has a negative transition this could cause worry and stress for new beginnings in adulthood, and the child could link it with a negative experience. As keyworker's by helping the children have a positive experience it could help the child later in life.

Freud, developed a topographical model of the mind. His model described the mind's structure and function. In this picture below, you will see that Freud has used an iceberg to describe the levels of the mind. (SimplyPsychology)



(Source:SimplyPsychology, 2018)

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