

Having trouble viewing this email?[Click here](#)

# Network News

*e-Newsletter of the VA Infant & Toddler Specialist Network*



## Issue # 10

**Jun-Jul-Aug 2014**



### In This Issue

Smooth Transitions

Resource Spotlight

Upcoming Professional Development Opportunity

Did you know?

### Quick Links

[Our website](#)

[Our Email](#)

[Like us on Facebook](#) 

## Smooth Transitions

Transitions are when children move from one activity to another. For example, this could be moving from lunch to art time. Sometimes, transitions are confusing and frustrating for children and can lead to challenging behaviors. Fortunately, there are strategies that can support smooth transitions!

**Prepare children to move from one activity to another**

- Use verbal cues that remind the children that a transition is coming. This may sound like a countdown..."five minutes until lunch."
- Use nonverbal cues as well to prepare the children for a transition. Showing pictures of the next activity or ringing a bell can help children get ready to move.

### Increase children's independence during transition times

- Allow children to move individually from one area to another while waiting for others to finish. For example, have children who are finished cleaning up their areas move to the rug and choose a book while waiting for the others to complete their tasks.
- Praise children after a transition is complete to help them learn the expectations.

### Plan transitions into the daily schedule

- Consider alternating activities between active and quiet play to maintain a good balance.
- Planning transitions decreases the wait time for children as well as the potential for challenging behaviors.
- Share a picture schedule with the children to help prepare for transitions.



Some activities to consider for transition times in the daily schedule are reciting poems and rhymes, reading stories, singing songs, doing finger plays, teaching baby sign language, and using puppets as well as rhythmic snap and clap signals. The more involved the children are in the transition process, the more successful it can be!

*Adapted from Center on the Social and Emotional Foundations of Early Learning (CSEFEL). "Helping Children Make Transitions between Activities," What Works Brief Series [www.vanderbilt.edu/csefel](http://www.vanderbilt.edu/csefel)*

*Adapted from: News You Can Use, News for Head Start, Early Head Start, & Migrant/Seasonal Head Start Programs, November, 2011.*

## RESOURCE SPOTLIGHT ON:

[Bright Hub Education: 5 Easy Transition Activities](#) This website shares five fun and easy toddler transition activities to make the day go a bit smoother.

[Scholastic: Musical Activities that Promote Learning](#) Some child care providers use music as a transition activity with infants and toddlers. Click the link above to see how some of these activities can be used during transition times.

## Upcoming Professional Development Opportunity:

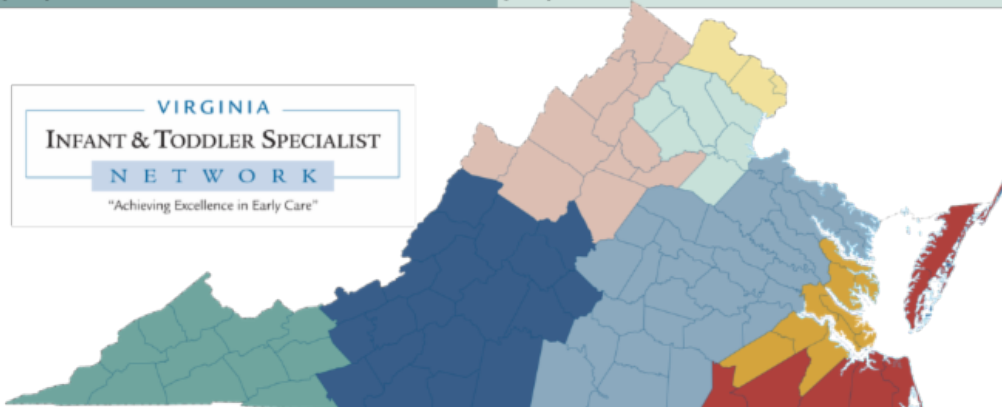
CSEFEL offers 24 easy-to-read "What Works Briefs" which describe practical strategies and resources to support social emotional development and prevent challenging behaviors. Some of the topics addressed on the website below include routines, social interactions, and building positive teacher-child relationships.

For more information go to  
[http://csefel.vanderbilt.edu/resources/what\\_works.html](http://csefel.vanderbilt.edu/resources/what_works.html)

## DID YOU KNOW . . .

. . . that VA ITSN infant and toddler specialists offer free staff trainings and resources across the state?  
Please contact the specialist in your area for more information.

<b>Eastern</b> Children's Harbor Norfolk, VA (757) 399-1337	Christine John <i>cjohn@va-itsnetwork.org</i>  Rochelle Pleasant <i>rpleasant@va-itsnetwork.org</i>	<b>Valley</b> Children, Youth & Family Services, Inc. Charlottesville, VA (434) 296-4118 ext. 256	Rebecca Danis <i>rdanis@va-itsnetwork.org</i>
<b>Piedmont</b> Virginia Western Community College Roanoke, VA (540) 857-6700 (540) 857-6701	Leah Wechtaluk McFarren <i>lwmcfarren@va-itsnetwork.org</i>	<b>Central</b> Partnership for People with Disabilities, Virginia Commonwealth University Richmond, VA (804) 828-6966	Christine Hallman <i>challman@va-itsnetwork.org</i>  Gayanne Murphy <i>gmurphy@va-itsnetwork.org</i>  Pam Booker <i>pbooker@va-itsnetwork.org</i>
<b>Peninsula</b> Child and Family Connection Williamsburg, VA (757) 229-7940	Kim Bloom <i>kbloom@va-itsnetwork.org</i>	<b>Northern</b> Fairfax County Office for Children Fairfax, VA (703) 324-8225	Julie Renne <i>jrenne@va-itsnetwork.org</i>  Helen Webster <i>hwebster@va-itsnetwork.org</i>  Debbie Weigand <i>dweigand@va-itsnetwork.org</i>
<b>Western</b> Bristol Regional Speech and Hearing Center, Inc. Bristol, VA (276) 669-6331	Kerri Webb <i>kwebb@va-itsnetwork.org</i>	<b>North Central</b> Stafford County Public Schools Fredericksburg, VA (540) 373-2072	Paula Bellville <i>pbellville@va-itsnetwork.org</i>  Lisa Everett <i>leverett@va-itsnetwork.org</i>



*The VA Infant & Toddler Specialist Network is a program of Child Development Resources, and is supported by the Virginia Department of Social Services (VDSS) Grant #93.575, with funds made available to Virginia from the U.S. Department of Health and Human Services. Points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of VDSS or the U.S. Department of Health and Human Services.*

*For more information contact Amy Stutt, VA ITSN Statewide Director at (757)566-3300.*



[Forward this email](#)



This email was sent to Christopher.Sleeme@decal.ga.gov by [lkline@cdr.org](mailto:lkline@cdr.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Child Development Resources | 150 Point O Woods Rd. | Williamsburg | VA | 23188