



ELCPH Mission Statement
Creating a supportive community
for children to be successful in
school and life.



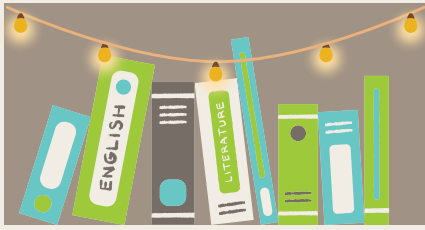
ELCPH Vision Statement
Supporting quality education
for every child.

Transitions With Your Child

As a parent, you may notice that your child(ren) sometimes struggles when moving from one activity to another. Transitioning can be challenging for young children, whether it's getting ready for bed, leaving the playground, or starting a new childcare routine. These moments of change can bring frustration or resistance, but with the right approach, they can also be opportunities for growth and learning. By using thoughtful strategies to support young children who are still developing self-regulation skills, transitions can become more manageable and less stressful for both children and caregivers.

Transitions can be difficult for young children due to their developing cognitive and emotional skills. Babies and Toddlers (0-2) rely heavily on routines and comfort, while preschoolers (3-5 years) may struggle with stopping an enjoyable activity or feeling uncertain about what comes next. When transitions are managed effectively, they help children develop a sense of security, improve their ability to follow routines, and build independence.

Supporting children emotionally will help navigate transitions effectively. By implementing clear strategies, maintaining consistency, and providing emotional support, caregivers can make transitions a smoother and more enjoyable part of a child's day. Some children may struggle more with transitions due to temperament or sensory sensitivity. Babies and toddlers may need extra comfort, such as soothing words or gentle touch, while older children may benefit from calming techniques like deep breathing or using transition objects. Over time children will transition with confidence.



Books that help with transitions

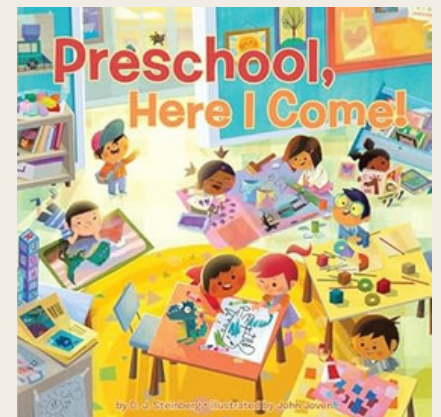
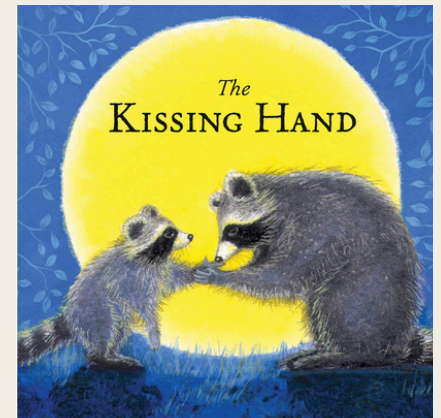
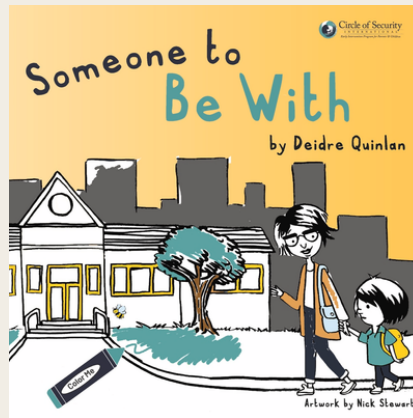
Owlvivia's Reading Corner



When looking for children's books that help with transitioning to preschool or kindergarten, stories told from first-person perspective can be powerful. These books allow children to see the world from the viewpoint of the character, encouraging them to make connections with the emotions and experiences that come from starting something new.

BOOK TITLES: *Someone to Be With* by Deidre Quinlan, *The Kissing Hand* by Audrey Penn, *The Night Before Kindergarten* by Natasha Wing, *Preschool, Here I Come!* by D.J. Steinberg, *The Pigeon HAS to Go to School!* by Mo Willems

The books listed are excellent choices for both children and adults (like parents, teachers, or caregivers). These stories can open up important conversations about the emotions involved in big changes, like starting school for the first time. Check out your local [Pasco](#) and [Hernando libraries](#) for these titles, or utilize digital flipbooks such as the one below!



ENGAGING RESOURCES AND 12 WEEKS OF FAMILY ACTIVITY PAGES [HERE!](#)

Family Engagement



Supporting Children Through Transitions

Transitions can be exciting yet challenging for young children. Moving from an infant class to a toddler class, toddler to preschool, or preschool to kindergarten involves new routines, teachers, and expectations. Families play a crucial role in making these transitions smoother.

Strategies to help with transitions

Infant to Toddler Transition

- Introduce new routines slowly, such as sitting at a table for meals and using cups instead of bottles.
- Encourage mobility and independence in a safe environment.
- Use comfort items like a favorite blanket or stuffed animal for security.
- Communicate with caregivers to ensure a smooth transition.

Toddler to Preschool Transition

- Talk about the change in a positive way.
- Visit the new classroom together before the transition.
- Practice routines like sitting for group time, using a backpack, and following simple directions.
- Encourage independence with dressing, handwashing, and cleaning up.

Preschool to Kindergarten Transition

- Read books about starting school to build excitement.
- Establish routines that mirror a kindergarten schedule.
- Foster social skills through playdates and cooperative activities.
- Strengthen pre-academic skills with counting, letter recognition, and name writing.

With reassurance and preparation, children can navigate these transitions with confidence, setting the foundation for a successful learning journey!

Family Activities

Language & Literacy Development

Letter Recognition Hunt

Use letter foam tiles from the kit to create simple words and match letters in books.

Fine & Gross Motor Skills

Movement Games

Engage in hopping, skipping, and balancing activities to build coordination.



Mathematical Thinking

Number Recognition Game

Play dice games to practice number recognition and counting.

Daily Living & Independence

Daily Routine Chart

Create a visual schedule to prepare for kindergarten routines.



Science & Exploration

Simple Experiments

Use STEM materials to explore cause and effect, such as sinking and floating.

Social-Emotional Development

Role-Playing

Practice classroom routines like raising a hand, taking turns, and sharing.



Click here for even more resources and activity pages!



Hugh Embry Library, Dade City

GET READY for kindergarten

Supporting your child in transitioning to kindergarten is essential for building their confidence and readiness. Establish a consistent home routine to mirror the school day, including set wake-up, meal, and bedtime schedules. Read books about kindergarten to help them understand what to expect. Arrange playdates with other children to develop social skills and encourage independence by allowing them to practice self-care tasks like using the bathroom, opening lunch containers, and putting on shoes.

Visit the school before the first day, to familiarize them with the environment and talk positively about the experience.



Encourage communication by asking how they feel about starting school and reassuring them that excitement or nervousness is okay. Please keep an open dialogue with their teacher to support their progress. Most importantly, celebrate small successes to help your child feel secure and ready for this important milestone in their educational journey.

Resources

Florida VPK supports the development of early literacy, executive functioning, and social emotional skills.

To learn more about Florida VPK, please click Family Portal below!



To learn more about School Readiness, please click Family Portal below!



You may apply for School Readiness services by Family Portal below. If you are eligible, you will be placed on the Wait List until enrollment takes place, depending on availability of funding.

Apply Here

Family Portal

Department of Children and Families (DCF): Quality Indicators and Checklist.

Selecting the right childcare for your child is one of the most important decisions a family can make. A quality childcare program provides a safe, nurturing environment that supports a child's development and well-being. With many options available, knowing what to look for can help families make informed choices that meet their needs.

The ELCPH has resources available to help you navigate the process and ask the right questions. Before making a final decision, visit multiple childcare

programs, look for quality indicators, and review the Child Care Checklist to help ask questions and things to look for while you visit each program.

We also encourage you to visit the DCF website for inspection reports and violation history. Visit the Department of Children and Families (DCF) and/or reach out to our CCR&R Coordinator at B.Mayo@elcph.org for support.

Social Emotional Development – Connect to Standards

Child Development: Social and Emotional Developmental Domain

Social and emotional development lays the foundation for learning, relationships, and overall well-being. The Florida Early Learning Standards emphasize skills like self-regulation, positive relationships, and emotional awareness. Families and educators can foster these by modeling empathy, encouraging problem-solving, and creating consistent routines. Children thrive when they feel safe, supported, and valued. By nurturing confidence, cooperation, and emotional expression, we help them develop the skills needed for lifelong success.

“
Children thrive when they feel safe, supported, and valued.
”

Florida Early Learning Standards.



Building Social and Emotional Skills at Home | NAEYC

Let's work together to build a strong social-emotional foundation for our children's future!

Community Partner Spotlight



Premier Community Healthcare (PCH) works to improve the lives of all Pasco and Hernando County residents by providing quality, affordable, and accessible healthcare services: Family Medicine, Pediatrics, Women's Health, Dental Services and more!

Check locations throughout Pasco and Hernando Counties.

[Click Here](#)



If you have questions or would like to suggest content, please contact Child Care Resource and Referral Coordinator, Brenda Mayo at b.mayo@elcph.org.