



MILKY WAY

TRANSITION TIME



RETURNING TO ROUTINE AFTER A BREAK

Talk about my friends and teachers to help me remember the good times. Bring familiar nursery activities home to help me reconnect. Stay positive about my return—I pick up on your feelings. If I'm unsettled, comfort me like you did when I first started.

MOVING TO A NEW NURSERY ROOM

Talk to me about the exciting things I'll do in my new room. Visiting the space with me beforehand can help it feel more familiar. Treat the move like my first nursery experience—with extra patience and understanding. Trust my key person at nursery to help guide us through the change.

SETTLING INTO NURSERY FOR THE FIRST TIME

Arrive a bit early so we can settle in. Keep goodbyes short and consistent to help me feel secure. Trust my caregivers—I usually calm down once I'm playing. Don't sneak away; I need to know when you're leaving to learn how to say goodbye.

TRANSITION TIME

TRANSITION TIME

Change can feel big for me, and I might need extra love and support as I adjust. With patience, reassurance, and consistency, I will feel safe and confident through every new transition.

WELCOMING A NEW SIBLING

Let me help with small tasks like choosing baby's outfit or singing to them. Spend a little one-on-one time with me each day. I'm still learning to share you and need your love and patience, even if I act out.

MOVING TO A NEW HOME

Set up my bedroom first so I'm surrounded by familiar things. Spend time with me in the new home before the move, keep my routine steady, and try to avoid other big changes right after.