Transition: What is it and why it is important

**What is transition?** Transition is a major life change. For young children, moving from and early learning program to kindergarten is one of the most significant transitions they will experience.

**Children must learn to cope with:**
- A change in place.
- A change in expectations.
- Adjustment to a new peer group.
- A new authority figure.
- A new role as a student.

**Transition is a period of adjustment.** All adjustments can be stressful. When families, teachers, and school administrators work together, the process of transitioning to kindergarten becomes a smooth process and reduces the amount of stress experienced by the child.

**Who benefits from transition activities?** Children, families, early learning providers and schools all benefit from effective transition activities.

**The child experiences:**
- Increased self-confidence
- Improved relations with other children and adults
- Increased motivation and openness to new experiences

**The family experiences:**
- Increased confidence that their children will learn in the new setting and that the teachers and other adults understand their child’s needs
- A sense of pride and commitment in their ongoing involvement
- Improved self-confidence in their ability to communicate and influence the educational system

**The early learning provider experiences:**
- Increased knowledge of the children and a better ability to meet individual needs
- Increased parental and community support
- More resources and a larger network of professional support
- Increased awareness of the early childhood programs and community services available
- A renewed sense of professionalism and pride in their efforts to reach out to young children and their families

**The school experiences:**
- A child who enters a formal school setting ready to learn
- An informed, supportive and involved family
- An early learning provider who is committed to ensuring a smooth transition for the child