

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Supporting Children During Transitions

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

INFANTS - Activity: Are you Ready?

What you need:

- Items related to the type of transition such as: bottle, blanket, toy, diaper, etc.
- Learn more about transitions for infants [here](#)

What to do:

- Asking infants questions is one way to help prepare them for transitions
- When it is time to move from one activity to another try starting a question with the words "Are you ready"
- Examples: Are you ready for me to pick you up? Are you ready to eat? Are you ready to sleep? Are you ready to play? Are you ready to ride in your stroller? Are you ready to have your diaper changed?
- As you ask the question, hold up an object related to it, or hold out your arms if you are asking to pick the baby up. Items may include a bottle, bowl and spoon, diaper, blanket, or favorite toy. Place an infant carrier, diaper bag, or stroller next to the baby if it is time to go somewhere
- Describe the transition before asking the question. For example, "I have your diaper bag and my car keys because it is almost time for your doctor appointment. Are you ready to go?" As you walk toward the car you can say, "There's our car. We are going to drive to the doctor's office. Are you ready to ride in your car seat?"
- After you ask the question, pause for the infant to respond. If the baby smiles or moves their arms and legs, that indicates they are ready. If the baby arches their back, turns away, or cries, take a few moments to help them relax by singing a song or placing a comfort item within reach. Once the infant is calm, try asking the question again
- In addition to supporting an infant through transitions, this also models respect by showing infants how to treat others

What the activity does:

- Prepares infants for transitions
- Practices self-soothing
- Introduces vocabulary through conversation
- Models respect for others

