Birthday Celebrations! It is exciting for everyone and especially families knowing that their child is going through their next milestone if it is turning three years old or five years old.

As a home visitor, it is a process to move families from family focus to a child focus setting.

Transitioning children and families is a pathway from one location, structure, step, focus, to another. A transition can be exciting, and at the same time challenging for both a child and adult. As a home visitor, simplifying and supporting families during a transition is vital.

To continue to support families throughout the process of transition specific plans can be made and implemented; here are some examples to support families:

- Speaking to families about transition from the first initial visit. When will the child make the transition?
- Continue to plan the transition planning with the family throughout their participation with your program. Help support families to plan-ahead, allowing enough time to make decisions.
- Inform families regarding other community-based services that may be available for the family and child.
- Encourage families to reach out to other families. What was the process like for them?
- Encouraging families in making time in arranging a visit to the proposed program or agency.
- Support families in creating a list of questions to ask proposed programs to clarify expectations regarding enrollment, agency’s calendar, how the program works, transportation, and what to expect in the new setting the child may attend.
- Reminding families to make sure their child’s medical and any other important records are up to date.

In addition, reminding families of child preparation is also vital during the process of transition. Here are some examples families can do to help support their child through the transition:
- Speaking to their child about attending a new setting and visit that location with the child.
- Offering opportunities to read books going to school.
- Offering opportunities for their child to play with other children.
- Continue to encourage your child to communicate with others and practice asking for help when needed.

It is justifiable that families will be feeling anxious regarding any transition, but all in all transition can bring countless rewards for the family, child, and home visitor. Families will learn to adjust to new people, agencies, and settings. These new skills and strategies will help support families and children in any future transitions.

Questions to encourage discussion and reflection…
- When do you start talking to families about transition?
- What is the transition planning process for your program? How are you preparing the family for the future transition?
- How can you support families before, during and after the transition?
- How can you support families to prepare their child for transition?

References/Additional Resources