

Navigating Transitions

In-Service Training

Course Description

This 3-hour course is designed for caregivers aiming to strengthen their ability to support children and youth through a range of transitions. Participants will gain insights into what defines a transition, the emotional adjustment processes involved, and the specific impacts these transitions have on different age groups, from infants to young adults. Caregivers will be introduced to concepts that support them to be better prepared to help children and youth navigate transitions, promoting resilience and stability in their lives. Additionally, the course addresses how caregivers can manage their own emotional adjustments during transitions.

Learning Objectives

From this session, you will be able to:

- Identify the emotional adjustment process that children/youth experience during transitions
- Describe the impact of day-to-day and life transitions on:
 - Infants
 - Early childhood
 - Middle childhood
 - Youth and beyond
- Use a variety of strategies to build resilience and help support children/youth during transitions
- Acknowledge and manage your own emotions during transitions

Key Messages

- Children and youth experience a range of emotions during transitions, including anxiety, excitement, and uncertainty. Recognizing these feelings is important in supporting them
- Healthy transitions can reduce trauma and improve outcomes for children and youth in care
- Caregivers play an important role in achieving successful transitions
- A caregiver's own self-awareness can help to recognize and acknowledge their own emotions during transitions

Guided Discussion Questions:

1. How can we help infants, children and youth recognize and express their emotions during transitions?
2. What are some significant transitions that adolescents face, and how do these impact their emotional well-being?
3. How can recognizing and acknowledging your own emotions help you better support children and youth during transitions?

Resources

Resource one: Bridges' Transitions Framework: information on how to use the bridges tool for transitioning

Link: <https://wmbridges.com>

Resource two: Gestures: That can Heal:

Link: [Gestures - Changing Minds, by Futures Without Violence](#)

Resource three: AFKA – Caregiver Support Team

Link: <https://afkaonline.ca/programs/caregiver-support-program/>