

Early Learning Environments, Part 2: *Routines and Transitions*

- Setting up your home or school environment for smoother transitions
- Managing daily routines (e.g. meetings, activities, & free play)
- Fostering independence and foundational life-skills

Watch Video Now

Certification



CLICK HERE



Jacki Visman
Early Childhood Education Specialist

Video

Please review the professional development training video; you will need approximately 60 minutes to complete the training.



Certification

Please take a moment to complete the learning review provided. Upon submission, your certification will be sent to you immediately.

Start



Jacki Visman



- M.S. in ECE
- 10+ years in ECE
- Teacher and School Director, Infant-PreK
- Early Childhood Education Specialist
- Parent of a spirited Preschooler



We Skoolhouse, inspired by the progressive Reggio Emilia philosophy, guides teachers and parents in facilitating early learning and development of children from pre-birth to six years old.



Transitions and Routines



Prioritize the Organization of Your Environment



Diapering Station



Food Prep Station & Feeding



Tips for Naptime

- Have a designated area for the cribs.
- Play white noise/rain sounds/lullaby music.
- Dim the lights.
- **Safe sleep**
 - Always place babies on their backs
 - No blankets or stuffed animals; opt for sleep sacks.



Team Management and Communication

The quality of the care you provide will be depend on the quality of your team's organization and communication.

Have a similar chart to the one pictured on your wall.

Infants Daily Meal & Nap Schedule

NAME & DOB	BOTTLES	SOLIDS	NAPS	NOTES
Ava B 1/5/2024 12 months	HIPP Formula 4:30pm - 4oz. bottle Can hold bottle independently Uses distilled water from thermos for bottles	9:00am - Puree from home 12:00pm - Puree from home 3:15pm - Puree from home	12:30pm-2:30pm	Sleep sack No pacifier; thumb sucker
Cameron F 1/28/24 11 months	Breast Milk 10:30am 4.5oz. 2:30pm 4.5 oz.	12:30pm - Puree from home Has water with his lunch	9:00am - 10:00am 12:30pm - 2:30pm 4:00pm - 5:00pm	Sleep sack No pacifier
Carter 12/29/2023 12 months	Bobbie Formula 8:45am - 4oz bottle 3:00pm - 4oz. Bottle Tap water. Needs bottles warmed.	School foods: 9am, 12pm, 3pm Supplemental pouches if parents provide	12:30pm - 2:30pm	Sleep sack Pacifier
Georgia S 8/1/24 4 months	Breast Milk 10:30am 5oz. 12:30pm 5oz. 3:30pm 5oz. Warm to room temperature.		9:00am - 10:00am 12:30pm - 2:30pm 4:00pm - 5:00PM	Sleep sack No pacifier Hold to feed bottle



Emotional needs should be equally prioritized!

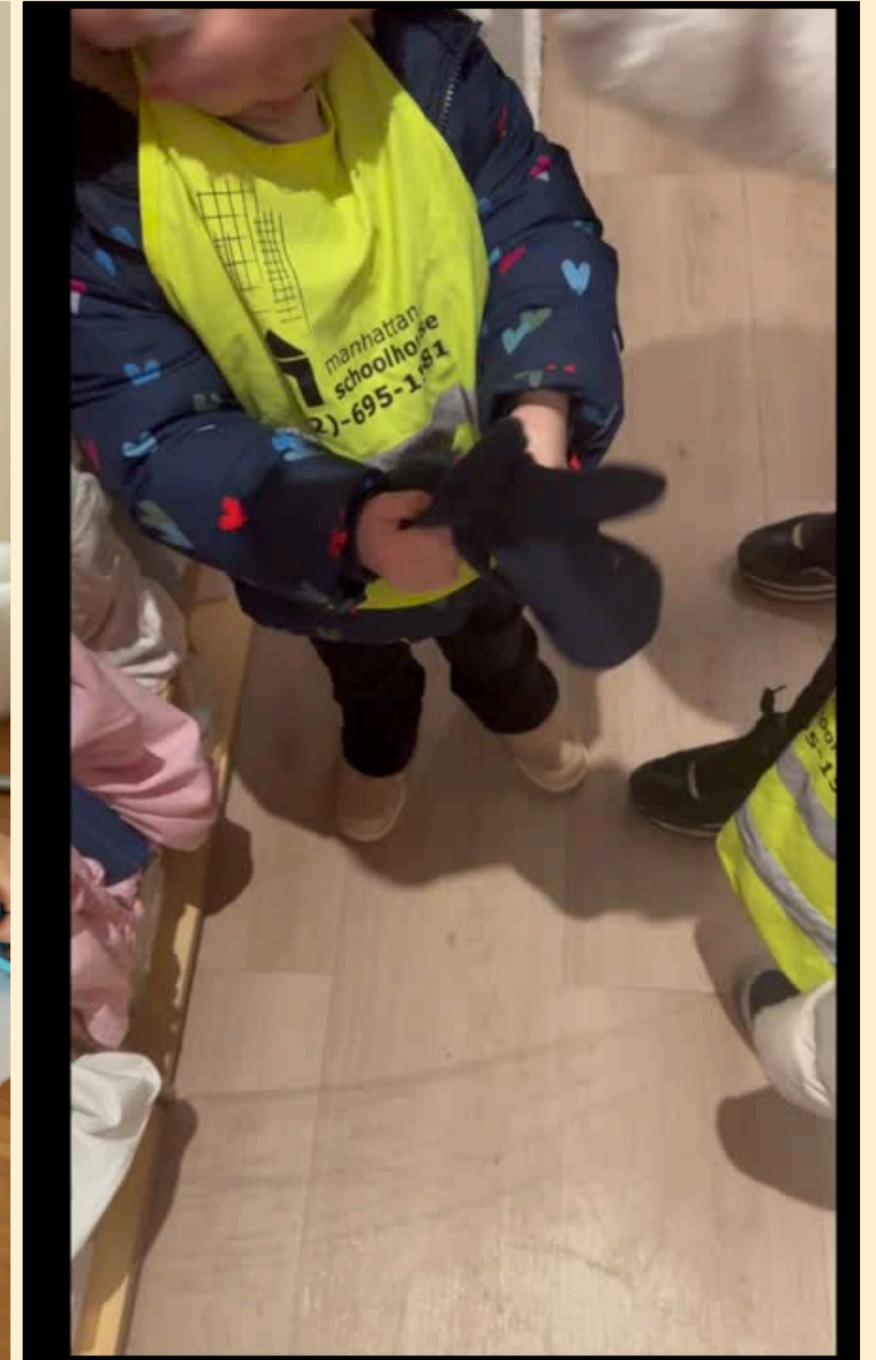
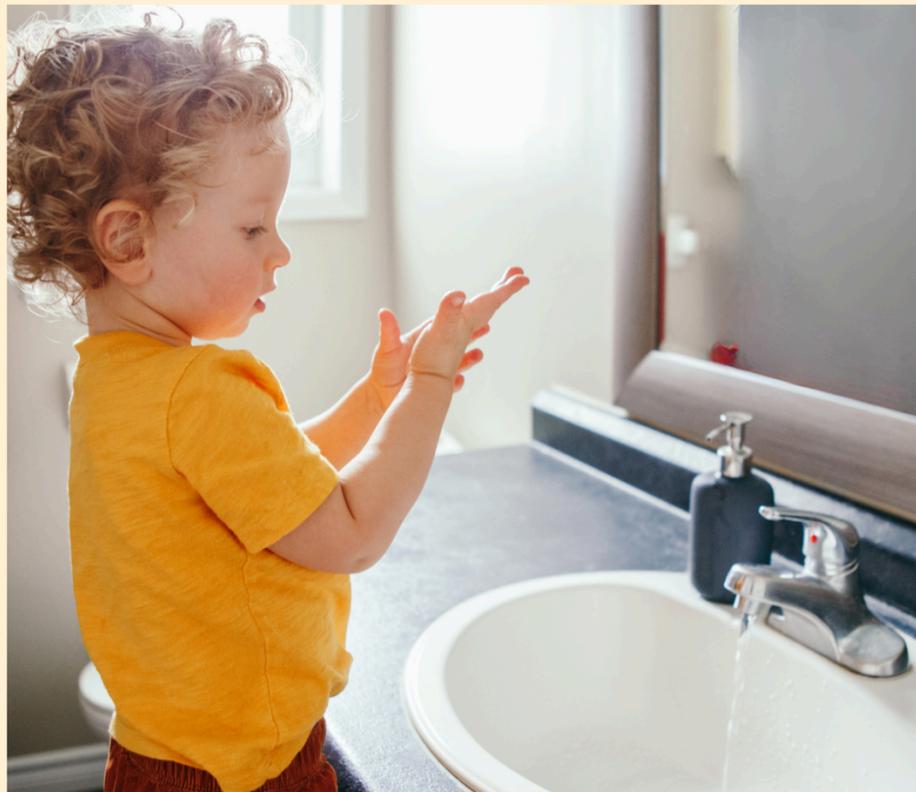
- Always be in connection with the babies, eg: talk, sing, and smile to the baby while changing a diaper. This is an intimate opportunity to connect with the child!
- Sing and talk to all the babies, even while working directly with one.
- Maintain an appropriate child:teacher ratio within your classroom environment.
- Keep engaging toys available and accessible.
- Have family photos and familiar items within the environment.



Child Participation in Transitions

Children are participants within their environment, and we should empower them as so with valuable self-help skills

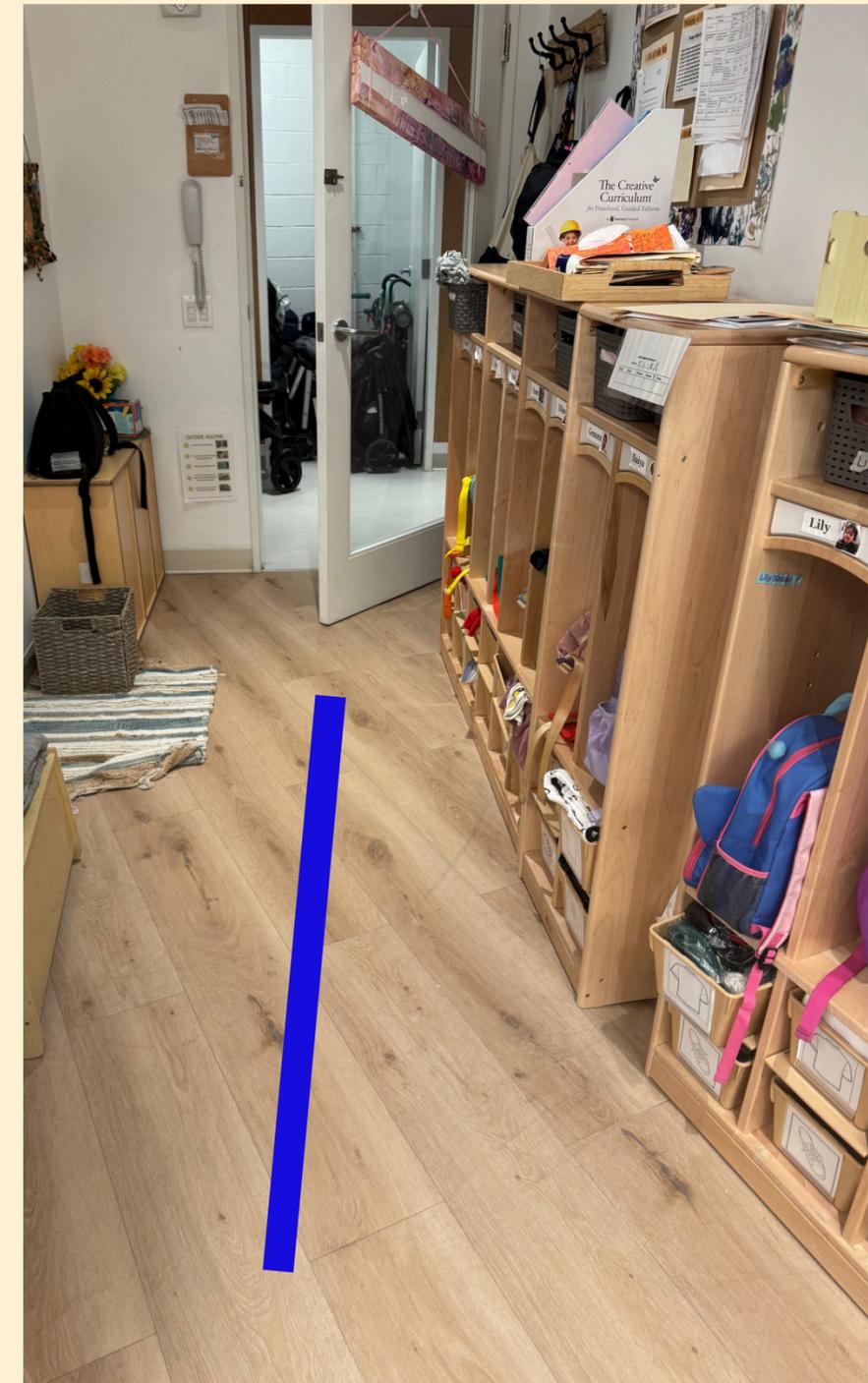
Toddlers can wash hands, wipe tables, retrieve supplies, put away supplies, dress and undress, and more!



Preschool Transitions and Routines

Visuals and tools within your environment that help with various transitions and routines:

- Labels to help with organization (on cubbies and shelves; label areas of the room)
- Tape on floor to show where to line up, how to wait your turn for washing hands





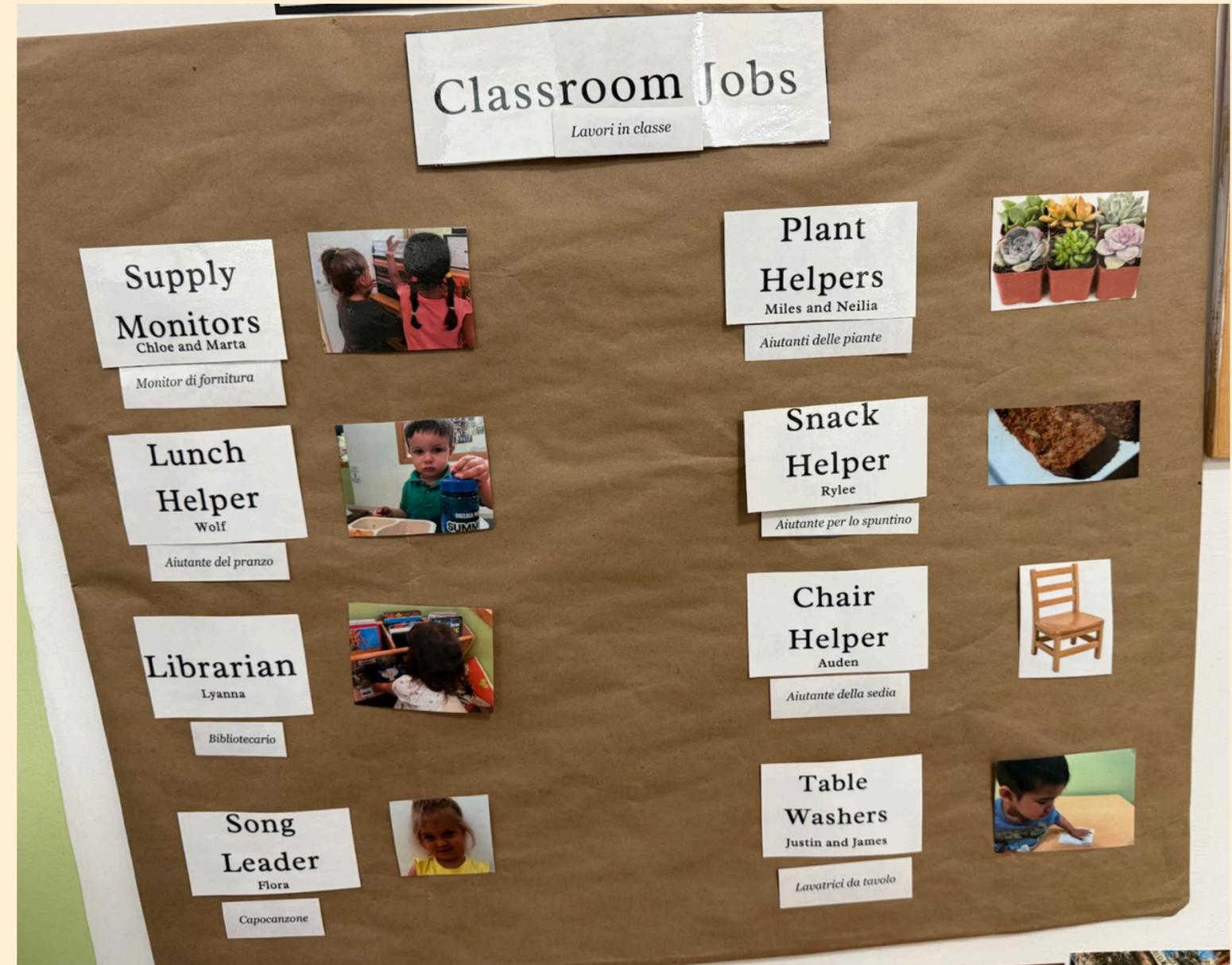
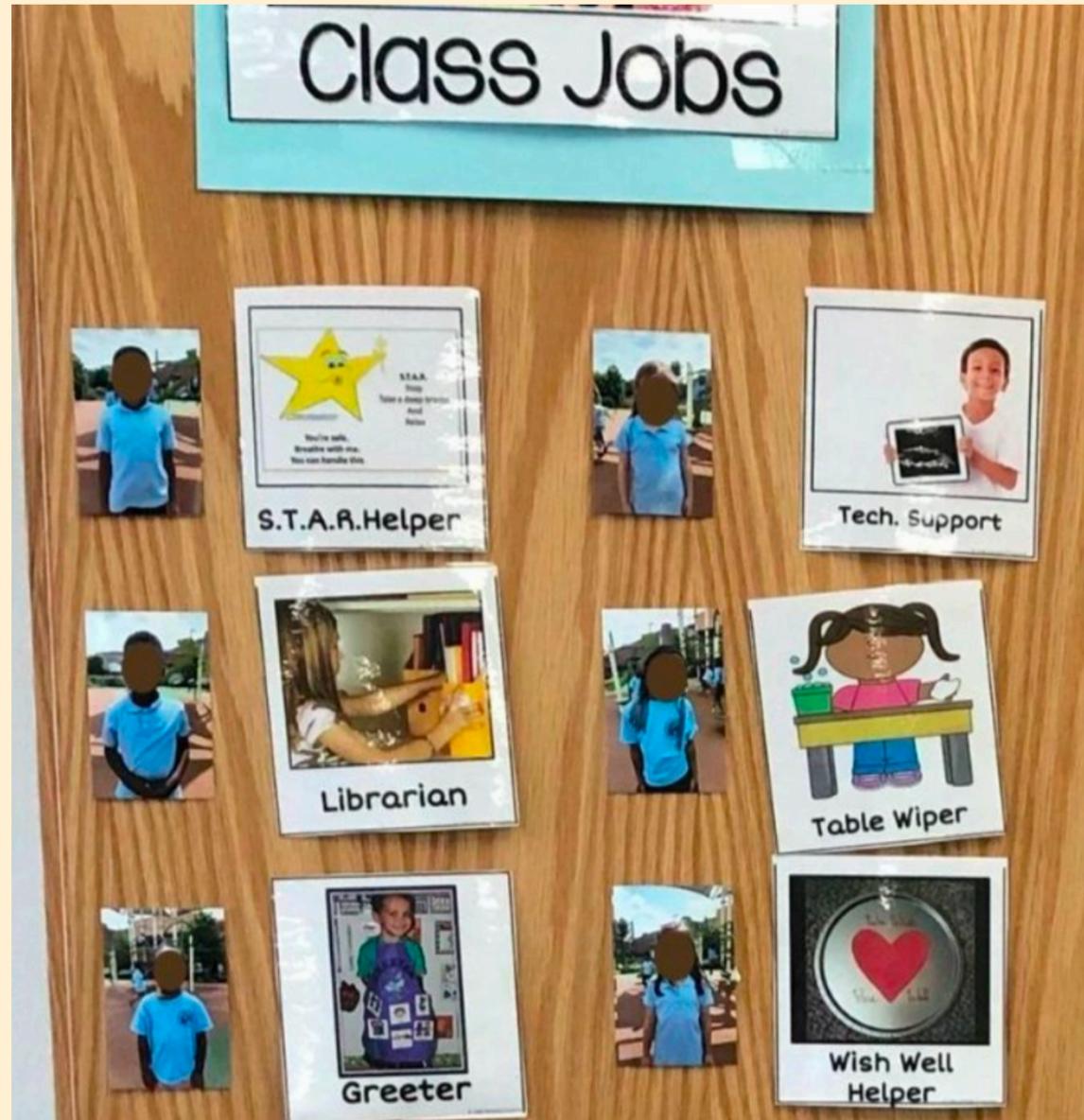
- Check-in system for entering the classroom
- Feelings chart



- Daily schedule



- Job chart/Classrooms Jobs



More Tools for Transitions

Songs and Play: Songs and playful tone, demeanor, and role-play are effective and positive tactics to help children move along in a transition.

Attention Grabber: Have a designated attention grabber for when you need to grab the whole class's attention.

Give warnings ahead of a transition: Transitions are hard. It helps to prepare children when a shift in their activity is coming. Warnings can be given at 5 minutes, and 1 minute. A visual timer can be helpful, also, such as for when playtime will end.

Try to limit transitions

- Instead of having a “snack time,” have snack available as children arrive and during playtime.
- Instead of having a scheduled “bathroom” time, allow for bathroom access at all times, and even offer reminders periodically throughout the day



PLAN AHEAD with your team, and practice transitions with the children!



Preschool Morning Routine



Circle Time/Group Meetings

Minimal colors and visuals to avoid overstimulation and distraction.



Circle Time/Group Meetings

Circle time should be appropriate for age and development in it's length of time, in the activities conducted, and in our expectations.

Children DON'T NEED to:

- Sit criss-cross applesauce
- Sit perfectly still
- Sit in a circle
- Have assigned seats
- Have a bubble in their mouths



Play Time/Center Time

Facilitating a Child-led Play Time:

- Keep centers flexible
- You *may* use a center sign-in system



Naptime/Rest time

Preschoolers can set up their nap area and clean up independently!

- Put mats out
- Take sheet and blanket out; cover their cot with a sheet
- Take sheet off their cot; put sheet and blanket away
- Fold up and put mat away

Don't force children to sleep

- Have something for children who don't nap to engage in.
 - Play a "meditation" story
 - Have "nap boxes" with small fidget gadgets and toys
 - Utilize Books
 - Have a "quiet play" corner (art, puzzles, books, etc.)

This not necessarily a "rest time" or "prep time" for teachers



Bathroom / Toilet Training

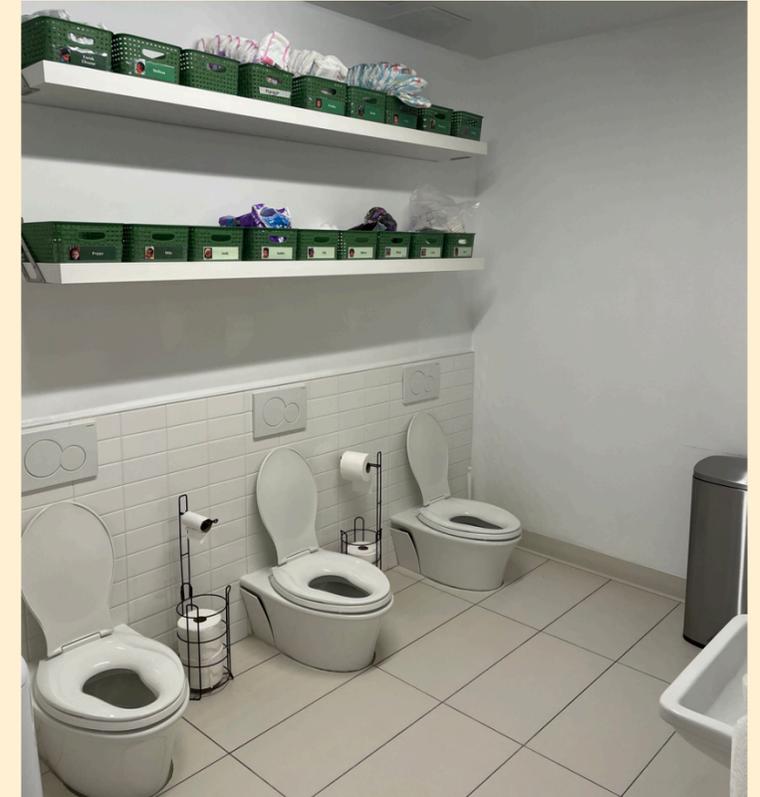
If you have children who will be toilet training or are toilet training, you will need to be familiar with **signs of readiness** (*physical*, like holding in urine for 2+ hours, *cognitive*, like understanding basic language around toileting, and *emotional*, like showing interest in using the toilet. Be ready to observe these signs and work in partnership with parents around the child's toileting journey.

Have toilets, and toileting needs, within the child's access: appropriately sized toilets and seats; step stools where necessary; toilet paper within reach for the child; sink within reach for the child.

Allow for toilet trips as needed, and, have scheduled times where you remind children to go (eg: ahead of nap, or ahead of transitioning outdoors)

Have **extra supplies** on hand: eg; extra clothes for changes, extra wipes, pull-ups for naps

Keep the experience pressure-free and shame-free!



Planning as a Team

Have Clear Organization and Communication:

- Clear classroom organization, informational charts, and a pedagogical panel
- Regular meetings (if possible)

Divide and Conquer: Have Defined Roles and Rotating Tasks

Find Pockets of Opportunity to Share Ideas and Information

Be respectful and flexible with one another.



Questions? Let's Hear Them!



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NEXT WEBINAR!

**Outdoor Early Learning
Environments**

Wednesday, March 5th, 12pm EST