



TRANSITIONS & POWER

Parent & Caregiver Meeting
March 12, 2025



Starting school...



CARE OF SELF

- Toilet learning
- Dressing oneself
- Feeding oneself
- Drinking from a cup
- General care of self routines
- Choosing one's own work
- Calming for nap/ rest



Transition to Primary...



- More Toileting
- More Dressing
- Independent lunch
- More social opportunity
- Self care responsibility
- Choices
- Nap independence



Transition to Elders...

CARE OF SELF, OTHERS, & ENVIRONMENT



- Correcting one's own mistakes
- Community leadership
- Leading transitions for the class and modeling for peers
- Increased responsibility to complete the work cycle

LIFE TRANSITIONS

- Let's brainstorm major life transitions...
- Smaller life transitions...
- Adult transitions...





POWER

Children/humans seek
(need) power.

How and why do children
seek power through
transitions?



EATING, SLEEPING, TOILETING, & RESISTING

PAIR SHARE :

- How do your children exhibit power and when?
- What challenging transitions exist in your family?

TEACHER ROLES DURING TRANSITION



- Normalize
- Compassion
- Boundaries and limits
- Remember - children are scientists!

PARENT/CAREGIVER ROLES DURING TRANSITION

- Routine
- Positive discipline
- Observations
- Resilience
- Choices when possible



How can we bring ease to transitions and the search for empowerment?



- Breath - Co-regulate
- Humor + Sing a song
- Validate
- Bird's eye view
- Choose your battles
- Model
- Give power when you can
- Forgive
- Offer hugs and love