



Understanding Transitions in the Early Years: Supporting Change through Attachment and Resilience

Anne O'Connor

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There are many transitions that children experience before they are five, including the first major transition from home to an early years setting. Successive changes can have a serious impact on young children and stress, separation and insecure attachments can affect not only a child's emotional health but also cognitive and intellectual development.

Understanding Transitions in the Early Years explains why transitions matter and provides practical guidance on how to support young children's developing emotional resilience and equip them to embrace change in the future. Aimed at practitioners and students, the book:

- draws together evidence from neuroscience, attachment theory, child development and childcare practices
- provides a context for practitioners to empathise with children and families as they relate to their own understanding of the impact of change and transition
- looks at ways to reduce the number of transitions including the key person approach
- offers guidance and practical strategies for practitioners, managers and head teachers for supporting children through transitions.

Including case studies, examples of good practice and questions for reflection this thought-provoking text emphasises the little things that practitioners can do for the individual children in their care to help them feel secure and confident when dealing with change.

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