

TRANSITIONS, WELLBEING AND COVID-19

The COVID-19 pandemic has caused significant disruption to our normal lives and routines. Many children may have missed time in an early childhood education and care setting as well as opportunities to interact with their extended family and friendship circles. Perhaps your child has shown increased anxiety as they have tried to make sense of what is going on around them.

The transition to Preschool may look different and present unique challenges for cohorts affected by COVID-19 lockdowns and restrictions. You may be concerned that your child has “missed out” in some way or that they will find it difficult to cope with the changes. Rest assured, your child’s teacher(s) will be taking steps to consider the impact of COVID-19 on the transition to Preschool and your child’s wellbeing. They will be implementing transition processes and learning programs with a focus on being flexible to all children’s needs.

Transitions are about change, but they are also about continuity. Your school or service will work with you and your child to incorporate their interests, strengths, culture and experiences into their learning at Preschool. This will assist in building connections between home and school and enhancing continuity and wellbeing throughout the transition to Preschool.

As a parent or carer, you can support your child’s wellbeing by encouraging them to ask questions and express their feelings. Children can be affected in different ways. Remember to be patient and understanding. Speak with your child’s school if you are concerned about their wellbeing so that they can prepare and provide appropriate support as early as possible.

Take a look at the [Preschool Pathways Map](#) and Supporting Resources for more information on how you can support your child in their transition to Preschool.

Wellbeing resources for Preschoolers and their families:

COVID-19 Parents, carers and families toolkit - <https://bit.ly/3pblXe5>

ABC Kids Early Education - <https://ab.co/3pc09Uk>

Good mental health for children: 3-8 years - <https://bit.ly/3BYQnsb>

Beyond Blue - <https://bit.ly/2YZFQyU>

Mindfulness in the home - <https://bit.ly/3pcCTFN>