

# Trauma-Sensitive Teachers

## PARENT TEACHER PARTNERSHIP

### Transitions in Classroom

Transitions are a main area of discomfort for our impacted kiddos. They feel unsure, unsafe, and out of control. This increases the chances of our students becoming triggered. Practicing transition protocols will help in the predictability of what to expect when transitioning. Getting parents involved in these transition protocols will not only help at school, but help with transitions at home. It will also bring another connection between home and school, which sparks the feeling of security.

Explain to parents that transitions can be hard time for many students. Students may feel unsure & unsafe and this comes across looking like: anger, meltdowns, lying, stealing, non-compliance, crying, running, etc. in class, and they may be experiencing some of these same behaviors at home when it's time to transition from one activity to another, such as: from tablet to bed, or from dinner to chores. Preparing for transitions both at home and school will provide consistency across environments and help prepare our kids to be more successful for these transitions.

We are trying to eliminate the fear and uncertainty that comes with transitions. Our impacted kiddos have experienced many scary transitions in their lives, so when even the smallest transitions occur their little brains go from zero to fight, flight or freeze in a matter of seconds.

# 01

#### **Decide**

Decide which tools you are going to begin implementing in your classroom. Write out your plan.

# 02

#### **Communicate**

Communicate with your parents. Share with them what transition strategies you will be implementing, and why! Ask them if they ever have difficulties with transitions at home, and if and how they have helped their kiddos during these hard times.

# 03

## Request

Request that your parents practice these strategies at home. Explain that the more we practice in different environments, the more generalization will occur across environments.

### Example

Take a look at the letter and make sure the 3 or 4 strategies you will begin implementing in your classroom are the ones you are asking the parents to practice at home. You can attach the list of “other” strategies in the event of a really hard transition, typically off of a device at home, or going to bed, to help the parents who may be struggling with transitions.

Attached is a sample letter and list of transition tools.

### Recap

Often times parents have no idea how to help their children transition from one activity or another, or that they should be even be thinking about a transition plan. Other parents might have a whole tool box of ideas, you may even ask them if they have any tools that have helped their student in the past. You CAN DO THIS!



Impact Membership

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