



# Change and Transition

## Core Training

### Course Description

Change refers to something that happens to people. It is a point in time, often unexpected, and sometimes unwanted. Change is a natural, often predictable part of life. However, for children and youth in care, change can be experienced as unpredictable, sudden and a potential threat to their well-being and safety. It is our job to create and maintain nurturing and safe environments for children and youth, and this includes ensuring all transitions are well thought-out, planned and supported with a focus on the needs of the child or youth.

### Learning Objectives

From this session, you will be able to:

- Describe the difference between change and transition.
- Identify changes that are unique to children and youth in care.
- Describe how changes impact children and youth's behaviour and long-term well-being.
- Explain the importance of healthy transitions.
- Recognize the important role you play in successful transitions.
- Identify ways you can help anchor a child or youth.
- Describe how transitions impact your relationship with a child or youth.
- Recognize the effects transitions have on you as a caregiver.

### Key Messages

- Children and youth in care experience unique changes and transitions.
- These changes and transitions impact children and youth's behaviour and well-being.
- Healthy transitions reduce trauma and improve outcomes for children and youth in care.
- Caregivers play an important role in achieving successful transitions.
- Changes impact caregivers.

### Resources

Bridges' Transitions Framework: information on how to use the bridges tool for transitioning

Link: <https://wmbridges.com>

Celebrate: Childhood Trauma information:

Link: <https://changingmindsnow.org/healing/celebrate>