

# The Formative Years



Parentline NI is running FREE sessions on how parents can support their children through their formative years

## Session 4: Managing Transitions

Young children experience a number of transitions from starting pre-school or primary one, going to day care/childminder or going from one parent to another for co-parenting arrangements.

There are many smaller transitions during the day too e.g. transitioning from one time of day to another such as evening to bedtime or from play to mealtimes.

This session will be delivered by Susan Wallace from Settled Petals and will be packed with helpful strategies to maintain consistency, reduce separation anxiety and manage endings.

**When: Monday 21st June 2021**

**Time: 10am-11am, via Zoom**

**For more information or to book a place call free 0808 8020 400**

