



Transitions

A Conversation

Weaning

Tips

- Best to wean from pacifier before 1 year (Sucking reflex is gone by around 9 months)
- Start by only allowing pacifier in the bed
- Remove at naptime and then bedtime
- Or go cold turkey
- Start teaching your child to drink from a small cup as soon as they can sit (around 5 months)
- By one year child should be able to drink from a cup and you can wean from the bottle
- Weaning from the breast usually occurs between 9 and 18 months, but may be later depending on your preference

Crib to Bed

Tips

- Start with the Montessori floor bed-no transition needed
- Transition from the crib to a low bed between 12-24 months
- Limit toys and books
- Make sure room is baby proofed (outlets covered, no cords to pull on, etc)
- Keep bedtime routine the same
- May have to sit outside the door to keep sending child back to bed if older and can open the door

New Sibling

Tips

- Don't tell the child about the baby too soon. Toddlers do not understand why there is a long wait for the baby to come. They expect the baby to arrive almost immediately. Once they can't sit in mom's lap they will be curious and that is usually a good concrete time to start talking about the new baby
- Read books
- Sign up for a sibling class
- Give child a baby doll to learn about how to care for a baby
- If you know someone with a baby, get together so your child can see what babies are like
- When baby arrives have a special gift that he/she/they give to older sibling(s)

New Sibling

- Let the older sibling(s) help, but don't force them
- If the sibling can come to the hospital to meet the baby, have the baby in the bassinet or in someone else's arms so mom can greet them with a hug
- Once home, make sure to set aside special time with the older sibling(s)
- Continue to have special one on one time with both parents for each child as they grow. This helps cut down on sibling rivalry

Toilet Learning

Tips

- Use cloth diapers
- Once your child can stand on their own switch to standing diaper changes in the bathroom
- Offer your child the opportunity to sit on the toilet or a potty chair
 - Highly recommend the baby bjorn seat
 - Avoid potty chairs that sing, talk, make music
- Once your child starts to eliminate in the toilet switch to training underwear
 - Diapers at nap and night are still fine
 - Avoid pull ups, they are just link diapers as they pull the wetness away from the body, the child will not be able to learn their body's cues for this process

Toilet Learning

- Once you eliminate all diapers you can layer sheets with a plastic shower curtain between to make nighttime sheet changes a lot quicker and easier
- Traveling
 - Get a travel potty chair or toilet ring you can take into rest stops
 - Use a pull up over underwear as “travel underwear” if necessary
 - Get a waterproof pad to line the carseat to avoid having to take it apart and wash frequently
- Remember to teach your child how to wipe
 - Use limited toilet paper (3-5 squares)
 - For urine, pat dry
 - Wipe front to back
 - Have child bend over and place one hand on a low stool for support while wiping front to back with other hand
 - If using a wipe to follow up, make sure child places it in the trash, there are no such things as flushable wipes*

Starting School

Tips

- Make sure ***you are ready*** for your child to start school
- Arrive on time for drop off and pick up (young children need routine)
- Keep drop off short and sweet
- Follow the phase in schedule
- Talk to your child's teacher-we can lengthen the phase in if needed
- Be prepared for tears (yours and your child's)
- Ask for help

Moving

Tips

- Have your child help pack
- Pack up child's room last
- Unpack child's room first
- Make sure your child gets to say goodbye to the old house
- Have the child pack a special box with their favorite things to take in the car for the move

Most Importantly

- *Only do one major transition at a time if possible.*
- *Be prepared for regressions-transitions are a process*
- *Breathe- you will get through each and every transition with your child*

Recommended Reading

All Joy and No Fun by Jennifer Senior

The Baby Whisperer Solves All Your Problems by Tracy Hogg and Melinda Blau

Diaper Free Before 3 by Jill M. Lekovic, M.D.

Siblings Without Rivalry by Adele Faber and Elaine Mazlish

Montessori Texts

Toilet Awareness by Sarah Moudry

Understanding the Human Being by Silvana Quattrocchi Montanaro, M.D.