

Hello.

My name is David Brown with Family Initiative.

I'm only Andre with Family Initiative.

We're excited today to talk to you a little bit about transitions.

So a subject or a topic that is near and dear to our heart  
message. So we're transitioning for success is key in any  
parenting moment, day to day that we might have with our  
kiddos. And so a couple of things we want to touch on about  
transitions that we find are consequential is that transition  
can be big or transitions can be small, but they're all important.

And that any not one well delivered transition can really  
be a trigger for the kids that we know and love and can really  
listen to a bad stretch of time with our kids.

It's a slippery slope.

I think with one bad transition, things can fall apart.

And I think exactly like you said, no matter if it's a small  
transition or a big transition, they can have a big impact.

And so the thing for us, I think with our kids and the kids  
that we know and love, we may know all of their history,  
and we may not know all of their history.

And so that's why, I think for us in relationship to understanding  
that principle as being a parent or caregiver is that we  
really need to honor every single type of transition that  
they might experience again, small one day to day or big  
ones, because we don't really know the history associated  
with those types of transitions.

And so for us, what may seem just like a minor detail could

actually be connected back to a much more powerful thing,  
and we don't know it.

And so by not honoring and appreciating every transition,  
every moment with our kids and preparing them and then moving  
them through that moment, we could be really setting our  
kids and ourselves up for failure.

And I think understanding when we honor those transitions,  
we're also honoring and respecting that other person, whether  
it be another adult or another child, and helping them understand  
how we won't expect them to do that as well.

And I know we talk here about maintaining expectations.

So in honoring those transitions, we are really maintaining  
clear expectations both for ourselves and our own behavior,  
as well as of our children and the kids in our home that  
end. What is so important to our kids is that when our kids  
know what to expect and our kids know what's next, they do  
much better with that than the unexpected abrupt shift.

And so those unexpected abrupt shift that may happen because  
we're not mindful and in the moment and thinking about that  
or sometimes in life, things just necessitate that it's a  
hard shift that even as a parent, as much as you're being  
mindful and intentional about the day and what's happening,  
sometimes those hardships just happen.

And you have got to roll with the best you can with your  
kids, and you'll feel that and experience that.

And so the more we can do to set our kids up every day so  
that they know what to expect and can have some sense of

what's next, the more likely we are.

It's not always perfect, but the more likely we are, we have a smooth transition and the more smooth transitions we have.

One, we have a better day, but two, the other thing I would say is our kids begin to build capacity right around, you know, when things are not perfect or ideal, how do we have the Constitution, the sort of overcome those sometimes not so smooth transitions and still be okay for the rest of the day? And there's lots of different ways to help transition kids. And when we talk about small transitions, I mean, this can be as easy from moving from the couch to the dining table.

It can be from one room to another room.

It can be from one feet to another feet.

For those you have multiple kids, and you ask is to move seats. Good Lord.

Do you think that's a major transition sometimes, but maybe it is to that child?

And I think, like you said, not knowing the full history of what's happening, what we do know is when we don't appropriately transition kids or each other, it creates a lot of anxiety, honestly. And our kids have a lot of anxiety about the unknown.

Anyway, I think the more we can do to be predictable and to be consistent, the better it'll be for everyone.

And this helps, I think, for all of us, not just with our kids, like we talk about with each other, with adults.

I know with a lot of the live trainings we do when we give breaks, we give warnings for when transitions, when we're

going to transition back from a break.

So folks know, because you want to make sure you have enough time to get another glass water or a Cup of coffee or whatever you're doing and be respectful of each other's time.

So there's lots of ways that we can help transition and cues that we can use.

We often ask folks to use something to help them, because what happens if you're like, all right.

We're going to go to bed in five minutes, and then you start washing dishes and then your phone rings, and then I forgot to put the leftovers away, and then all of a sudden, it's been 45 minutes.

You're like I said, it's time to go to bed right now.

That typically doesn't end well, right?

Because you've lost sight of that time, and it's hard for us. We all lose sight of time.

So using something external that will help is key.

So there's some things on slides here that we use a lot.

So activities.

So when you're with your kids right after this game, then it's going to be to shut off the electronics and XYZ or if we're playing outside.

All right.

I want you each to kick the ball three more times, and then we got to go in and take showers, pair it with a concrete activity. So you know how many more?

That's an easy way for you.

And for that other person to be aware of when it's time to transition, sometimes kids don't have a good concept.

I don't have a good concept of time.

So I use these sorts of things for kids.

When you're listening to music, kids really like music to use that to our advantage.

All right, one more song.

But we pick one song on my phone, and after that song, I we'll go read the story or Let's see if we can clean up this whole room in one song or less.

How many songs can you do it in?

I think I need two songs.

Can you do in one song?

Let's try to see.

So you're making it fun, and you're using a clear boundary.

Just be careful.

The songs they pick, whether they're really short or really long. I've made that mistake.

And the song, it's like 12 minutes.

The song still going on.

So find something that's appropriate.

And if that's an issue with multiple kids in your home, you take turns.

Well, today, Dave, you pick.

So Let's let your sister pick today.

Or you can pick the next time we do this.

So you're making it fake timers are life.

I think we use timers all the time because it's important, like we said, to keep you on track and be consistent and they're visual.

So most people have timers on their phone on their watch, your microwave, your oven, However you want to do it.

I know you use Alexa a lot eight or whatever device you have in your home.

You can set that timer for whatever amount of time, and somehow it works out where you're not the bad guy.

It's the time.

It's a bad guy.

You're like, well, Alexa said it's time to go to bed, so it's time to go to bed.

And I think even with the timer, you can negotiate a little bit and be like, All right, do you want three minutes?

Do you want four minutes?

If it's a little bit of a challenge with that actual time frame. But again, using those sorts of things help us.

I know we use a lot of visual timers for some of our and not even younger kids.

But even like school age kids, there's just apps on the phone that are free timers at a visual timer that way, it helps me, too, to be like, Oh, shoot, time is almost up.

I got to make sure we do this, and it helps you give those cues to the kids to let them know how to manage their time more effectively, too.

Yeah, all three of those cues are fantastic.

And I know we've seen a ton of success.

I know even the staff have talked about that.

There's some really collapse, like on iPhone, you know, apps that you can use that I think the iPhones now or Android, whatever you got, smartphones are run around how convenient it is to have an app that's dedicated just to be a timer.

Do transition.

So when you're on the run, you can have continuity of what we do at home is also what you do when we're out and trying to get something to eat or we're going to soccer practice or this.

And that and the other thing, we can consistently can use the timer, so kids really can get kind of dug in on.

That's what we do day in, day out, no matter what the environment where we're going, we're using timers.

And I think what's cute.

This is a testament to how much if I know your Daughter will be like that, can we set a timer for that?

And you're like, Sure.

I love that, because it's a tool for us to all be effective.

And like you're saying, the iPhone timers, we use those everywhere, and there's some particular ones.

If you guys are interested, reach out to us.

This one I like in particular, it's a free visual timer.

I like it because you can pause it.

So if they're doing really well in the timers almost up, you don't want to punish the fact that they did get it done

in time because it took a little bit longer.

So you deposit or if they get it done really quickly, you don't want to be like, cool.

We fill up, like, 45 seconds so you could fast forward it.

You can wind it, all those sorts of things.

So there's a lot of options like that we can share if you all are interested.

And so I think it's a great example.

So transitioning for tomorrow.

Right.

So the scaffolding piece is only alluded to a minute ago.

And I love this with my kids is that we really sort of built in timers into our household to the point that now they begin to summon the use of time themselves.

Right.

I think so much of the big picture as we look at our work and we look at the kids that we're raising in supporting as they transition adolescents and then young adulthood.

Are we really modeling, coaching, and building scaffolding for our kiddos that allows them to be successful as they move on to begin a transition to different phases of their lives? And so I think by us really utilizing some of these tools and resources when they begin to call upon those tools and resources themselves, and then you're on positive or for something.

That's a great idea.

We should definitely set a timer for that.



Right.

You can begin to see how, as they get into school age, how they start to get into early adolescence and later in adolescence and a young adulthood.

All of the stuff that we have poured into them.

All of that time really begins to manifest.

And so I think it's a great thing for us to do for our young people. We want them to be successful in the real world.

Is we provide that scaffolding along the way that we continue to really sort of model, support and coach all of these subtle things that we do strategically to support transition.

Yeah.

And I love that because I was thinking, as you're talking about the skills that this teaches.

So even though we're just using a time that has a Tiger in it, we're teaching that's the one that I use.

I like the Tigers, too.

But really what is teaching is time management.

It's teaching responsibility is teaching respect for my time and your time.

So all those really big life skills that we want our kids and use to learn in a very kind of fun and simple kind of way that doesn't seem as significant, but over continued use and kind of scaffolding, the use of that, you're teaching these deeper, bigger skills.

Also, obviously, we got to recognize, too, because of the really challenging history some of our kids can have.

Right.

Having really profound complex of lot of trauma can lead to triggers and relationship to shifts and transitions and unexpected things.

Right.

So I think the other thing that goes into the conversation about good, strong transitions is identifying that our kiddos have got some triggers in relationship to what that looks like. Right.

So I think the more we talk on that, the more we coach on that, the more self awareness of kids have, the more I can be mindful be productive, the more they can be mindful Proactive.

And so, again, I think over the long term of this, again, we're setting them up for success, that they're aware of their own triggers about these sort of shifts.

We're providing the scaffolding right.

That we're setting them on a good trajectory as they get into young adulthood, to be successful as they gain more and more independent and at some point, start their own family.

And again, I think that these couple of principles are really okay. Yeah.

And I think we talk about a lot of the smaller transitions, but even bigger transition, helping prepare for those and talk about those in these sorts of ways.

And knowing I think sometimes what we've talked with folks about that if we know a big transition is going to be a trigger, that we tend to minimize or avoid the conversation about

it because we don't want to trigger some sort of incident or behavior.

But I think what we would recommend is to help prepare for that and have that conversation and do what we can to identify.

Okay.

We know this is going to be an issue.

So what can we do to prepare for it on the front end?

And what are we going to do afterwards to help with that transition? To help manage some of those issues.

Yeah, because even as they get older, these big transitions can become really challenged, and they can lead to tough time. I think it's so important for us to be aware, be mindful, be connected.

And I also think, too, as a parent, this is like your legacy as a mom or dad.

As our kids get older, and we know that these can be triggers.

We know that these can be tough times for them, but to see them call upon all of the different strategies that you've really laid out to them for years and years and years.

To me, that's really the legacy and relationship to the your role. You see are your kids.

They struggle a little bit with that, but then they can move through that moment and be successful in the next one.

To me, long term for parents and caregivers.

That's the stuff that will stay forever with your kids about all the coaching and supporting you did along the way.

So for one, we love talking about transitions.

We know how really consequential important transitions are.

You have any questions, thoughts, or just want to talk about transitions? Feel free to reach out to us, because I know how important we see transitions and the role caregivers have in a relationship.

For those.

If you want recommendations for those visual timers, the

Tiger timer, I got you.

That is a really good job.

So, guys, thank you very.

Thank you.