

## CONNECT TO THE CLASSROOM

# Comfort Children in Distress

During the toddler 2 video, the teacher comforts the young boy in distress during drop off in the morning. Separating from families for the day is very stressful and often a highly emotional time of the day. Teachers can ease this transition by:

- Getting on the children's level and giving them a hug.
- Using kind and encouraging words like, "You did it. You came to school today."
- Allowing children to cuddle with you.
- Explaining how to transition to school and what they can do to start the day.

By comforting children in this way, you will help ease their transition into school and support them in learning to manage their emotions and behavior.

### After you have practiced these strategies, reflect on the following questions:

**1** What words did you use to comfort the child? \_\_\_\_\_  
What was helpful? What was not helpful? \_\_\_\_\_  
\_\_\_\_\_

**2** What actions did you use to comfort the child? What was helpful? What was not helpful? \_\_\_\_\_  
\_\_\_\_\_

**3** What transitional activities did you have available for children to play? How did the children react to the transitional activities? \_\_\_\_\_  
\_\_\_\_\_

**4** What could you do differently next time? \_\_\_\_\_  
\_\_\_\_\_

