



## The Difficulties and Opportunities of Transitions

Transitions can be difficult for adults and children alike. There are so many different types of transitions, and everyone finds certain kinds to be challenging. There are broader changes such as seasons and life stages that unfold slowly, but can still be trying, even for experienced adults. There are also day-to-day transitions, such as it becoming time to take care of necessities (hygiene, nutrition, sleep, etc), errands or chores, and of course, saying goodbye, that often manifest at specific times outside of our (and certainly childrens') control.

As we all know, but perhaps do not often consider, the world operates at an adult pace and is largely oriented toward adult needs and interests. Even the most aware and patient adults cannot protect children from often feeling powerless, particularly in transitional moments. While novelty and change can often be pleasurable for young children, it can also be overwhelming on a neural level as their brains stretch to make new connections.

The sheer amount of activity that is going on at any given moment in a developing brain is far beyond what adults experience. While we may see certain things as routine, they can feel very disruptive to a child. As much choice as a child can be given will often ease the feeling of powerlessness. Things that may seem inconsequential to us, are often of great importance to children and we have to be detectives to figure out what those things may be for each individual.

A famous example from Montessori lore is of her on a walk with some students and parents. A typically calm child has a major meltdown and the mother is at a loss as to what they want. Maria removes the mother's coat from her arm and drapes it over her shoulders (where it belongs) and the child instantly regains composure. This is a simple example, but it illustrates how seemingly random details can matter a lot to a young child. If a child is struggling with a particular transition, it is the adult's role to explore what may help ease it.

Routines and time warnings often go a long way toward helping children to manage a transition, especially if it is outside of their control.

It is important that adults keep in mind the benefits to the child of practicing managing their reaction to transitions, while also sympathizing with why it can be difficult. Sometimes a transition, especially if it is new, will simply be difficult until it becomes familiar. Often, our desire to smooth a transition for them can take away their opportunity to practice a skill that will be paramount later in their lives.

Resiliency is the ability to be flexible and manage our reaction to things beyond our control. We all know how hard this can be, even after decades of practice, so it only makes sense that those in their first few years of life can often find it feels nearly impossible. The other side of that is how powerful it can be for them to move through the difficulty, and it is certainly the adults role to not only help them through, but exuberantly point out how impressive it is once they do.

At Pisgah Collective, we take care to meet each of our student's where they are at any particular moment on any particular day. This means that while we will do everything we can to help our students, we also know that we all have off days. One way adults can help young children who are struggling with a particular transition is by acknowledging that some things are just hard, that sometimes we don't want to do things that we must, and that it is ok to feel frustrated or sad when faced with such a situation.

Children are of course naturally resilient. Our goal is to help develop resilient adults. One way we work to achieve this is by supporting our students through a plethora of transitions. From being away from their family unit, to potty training, to finding their place in a broader community and developing friendships and interests, early childhood is a time of constant transition. We are so proud to partner with our families through our students' earliest years and are in constant awe of how powerful they truly are.



## Podcast Alert!

Please check out and share this podcast we were on with Trails Carolina:

<https://trailsnc.com/common-ground-podcast/>

This is a great way for new families and other curious friends/family to get to know more about our program. Thanks for listening!



**FUND  
FEST!**  
**HOOTENANNY  
FOR SCHOLARSHIPS**  
**Saturday, September 16**  
Square dance, live  
music, food & more!  
**4-8 pm**  
Sherwood Forest  
Robin Hood Barn

PISGAH COLLECTIVE  
**SCHOOL PICTURE  
DAY**

**OCTOBER 3, 2023**

**MORNING SPROUTS &  
AFTERNOON SEEDLINGS**

**OCTOBER 4, 2023**

**MORNING SPROUTS &  
AFTERNOON SEEDLINGS**



CHOOSE & ORDER ONLINE

[WWW.KAELEEDENISE.COM/PISGAHCOLLECTIVE](http://WWW.KAELEEDENISE.COM/PISGAHCOLLECTIVE)

## Tech Drive

Let your old electronics do more than gather dust. We are partnering with Through the Trees to host a Device Drive. They accept, wipe and refurbish laptops, tablets and cell phones. Donated devices are distributed back to the community. This is a great way for your children to see us giving back to the community.

**October 2-6**



### Important Dates

- CLOSED: Labor Day  
September 5
- FundFest Hootenanny  
Saturday, September 16
- Picture Days  
October 3&4
- CLOSED: Fall Break  
October 9-13
- Stone Soup- Save the Date!  
Friday, November 10 3-6 pm
- CLOSED: Thanksgiving  
November 20-24
- Last Day of Fall Semester  
Afternoons: Thursday, Nov 16  
Mornings: Friday, Dec 15

**Fall Payment #2 Due:**  
September 8

**Fall Payment #3 Due:**  
October 6

(morning sprouts & afternoon seedlings)