

MINOT INFANT DEVELOPMENT PROGRAM MAY 2026 NEWSLETTER

Spring & summer often bring changes to schedules & routines. Warmer weather means different activities & shifts in daily patterns. Transitions can be exciting, but they may also feel challenging for those who thrive on predictability. This month, we're focusing on helping children navigate change.

Try This At Home

Support Smooth Transitions:
(read more [here](#)) ← Click me!

Explain what will happen next: "In a few minutes, we'll leave the park & go home for lunch"

Repeat the info to help it sink in

Offer a choice when possible: "Do you want to go down the slide or swing one more time?"

Acknowledge feelings: "I know it's hard to leave when you're having fun"

If you say "five more minutes," follow through

For bigger changes (new babysitter, schedule shifts):

Talk about it several times before it happens

Use simple, concrete language

Read books about similar changes

[Understanding Time](#) ← Click me!

Understanding of time develops *gradually*:

Under 18 months: No real concept of future or past

18-24 months: Begin to understand "soon" & "later," these are still fuzzy

24-36 months: Begin to understand routines & sequence (first, then, next)

3+ years: Start to grasp concepts like "tomorrow" & "yesterday"

This is why visual cues work better than abstract concepts for young children.

Visual Schedule Activity

What you need:

Paper or poster board

Photos, drawings, or printed pictures of daily activities

Tape or glue

What to do:

Take 4-6 pictures representing your daily routine (wake up, breakfast, play, lunch, nap, etc.)

Arrange them in order on the board

Review the schedule each morning: "First breakfast, then we play, then lunch..."

Point to where you are in the schedule throughout the day

Visual schedules help children understand sequence & time, which reduces anxiety about what's coming next.

Pyramid Model Spotlight

Predictability & supportive relationships are key components of the [Pyramid Model](#). While we can't remove all changes, we can:

Maintain consistent routines when possible

Prepare them with simple information

Stay calm & reassuring in uncertain moments

Acknowledge that transitions can be hard

When children trust that adults will help them through changes, they develop resilience & the ability to adapt to new situations.

Pyramid Principle: *Prevention is easier.*

Preparing for transitions prevents challenging behaviors.

Tip of the Month: Prepare for Changes Ahead of Time

Talk about changes before they happen to help children feel more secure. Visual cues, simple explanations, & repeated information reduce stress & help children know what to expect.

When we give young children information about what's coming next, we show respect for their feelings & help them build flexibility skills. See more [here](#).

Building Flexibility Skills

While [routines](#) are key, children also need to learn flexibility. Here's how to teach flexibility:

Occasionally make **small, planned changes** to routines & talk through them

Model flexibility: "We were going to the park, but it's raining. Let's find something fun to do inside instead!"

Praise flexible behavior: "You were so flexible when we had to wait longer than expected"

Stay **calm** when unexpected changes happen: your response teaches them how to respond

The goal isn't strict schedules, but a balance of predictability & adaptability. Read more [here](#).

Resource Corner

[Head Start](#) & [Pyramid Model](#) visual schedules

The [Raising Children Network](#) website has a ton of free articles & resources for infant & toddler parents!

[Visual timers](#) allow them to "see" time move.

Remember: Transitions take practice, & it's okay if they don't go smoothly right away. Each experience helps your child build skills for the next one.

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