



As we launch Series 2, we are delighted to announce that the first set of **Delving a Little Deeper** is now available.

Sarah's Story

Sarah had a stable upbringing, moving house just once when she was 4 years old. From a young age she only ever wanted to be a primary teacher. Despite discouragements, she qualified for her chosen career through sheer determination and hard work. Her story is peppered with her rich experiences of working in schools and early years settings.

She married and moved south. Whilst pregnant, she and her husband separated, and she quickly realised that she would be bringing up her baby as a single parent.

She found herself with no home and no job. She had no choice but to temporarily move back to the family home before house-sharing with a friend. She welcomed her son, Noah, into transient, unplanned living arrangements.

"I loved everything about being a mum".

Sarah loved being a mother, finally making a home for them both when he was one year old. She managed life as a young mum independently, working to support themselves and coping with terrifying medical emergencies as he began to present what was to be diagnosed as epilepsy.

Security, routine, and order

Sarah explains "I was his stability... his routines were kept the same whatever... wherever we were, I was there...I was his constant". This included his many trips to hospital and changes to circumstances.

(In Delving a Little Deeper, we unpack the child's sense of order in the first years of life).

Sarah supported his deep need for order and routine no matter how changeable their circumstances.

And then...

Her parents separated, and her father (now living in the Southwest) became terminally ill.

This meant that Sarah made a few short trips to see her father, leaving Noah in the care of family and friends. This was clearly difficult for Noah.

Three phases of transition

William and Susan Bridges reference three phases of transition. These are:



Series 2. Episode 3
Turning *Little Stones* show notes.
Featuring Sarah Beevers as our guest

Episode 3
**Living Well... through
transition & change**

Ending Losing, Letting Go

The death of his grandfather rocked Noah. Sarah understood and endeavoured to keep everything else in his life stable - routines meals... everything she could control.

It wasn't until one year after he died that he found some closure. Scattering his ashes was the significant moment for him to let go.

The Neutral Zone

Sarah and Noah then moved south. This was a big move, leaving family and friends to live in a new unfamiliar city.

Sarah explains, "this was tough for Noah", moving to a new school mid-year, with another transition to secondary school looming. She describes how she and a friend found a way to manage the move by making his new room as identical as possible to the one he had left.

The neutral zone can be open-ended and tough. This was certainly Noah's experience. And now...

The new beginning

This is the third phase of transition and Noah is happy, making friends and has a sense of purpose. Seeing this, Sarah can now look to her own needs... she explains to him that she needs time out at times and goes for counselling.

Just because everything has changed, it doesn't mean that everything is different.

Now 12 years old, Noah says, "home is where we are". Despite 10 moves in 12 years, he has no regrets and is secure and happy. They are looking forward with hope.

A takeaway for parents facing change ...

Sarah has never hidden things from her son. As questions come, she has always tried to answer truthfully. She has been real along the way,

"I've always tried to tell him the truth in an age-appropriate way."

A takeaway for practitioners, teachers, and professionals ...

Early years practitioners and teachers will be supporting children and families going through many changes. Sarah's advice...

"Keep lines of communication with parents open. When a parent opens up to you, you understand what's going on and you can work with it..."



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Further information, practical guidance and advice are available through,

***Turning Little Stones &
Delving a little Deeper (Set 1)***

See website for details.

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