

WITH ME MIND

Parent's Newsletter

ISSUE 3

What is transition?

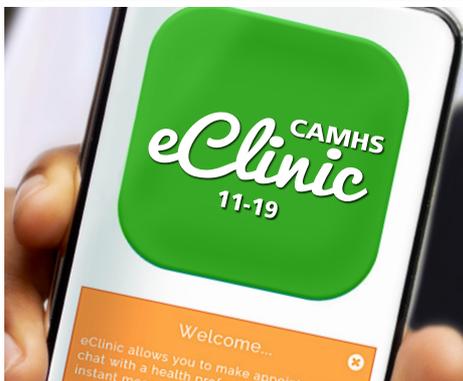
Transition is another word for a change, a move or a shift from one position to another.

Many children and young people find moving from classes and schools difficult and it is likely there has been a lengthy gap from attending school due to COVID-19. This might make it even harder to go back to school when the time comes.

Transitions are very important and how we manage them can make a huge difference to emotional wellbeing. If the moves goes well your child is likely to do better at school, feel better about themselves and they are more likely to get more from their school and their education.

Top Tips for dealing with transition

1. Remain calm as children will pick up on your worries.
2. Keep talking and don't shy away from difficult conversations.
3. Encourage independence as this will prepare your child for the transition.
4. Normalise feeling worried about transitioning and show you understand why they feel this way.
5. Familiarise by looking at the school website, walking to school and look at the school grounds.
6. Keep routines and try to keep a routine over the six week holiday so it's not a big change in September.
7. Explore worries and acknowledge them but focus on those that you can do something about.
8. Engage in activities over the six week holiday to boost your child's confidence, independence and self-esteem.
9. Be prepared by starting preparations for your child's first day gradually so this does not feel too overwhelming.
10. Spend time apart and if your child gets anxious about being away from you, practise spending time apart over the holidays.



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



For further information visit:
<http://www.withmeinmind.co.uk>

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Where to get further help and advice

Young Minds: <https://bit.ly/3eDHGHg>

BBC bitesize transition videos: <https://bbc.in/309DN7C>

With Me In Mind website: <http://www.withmeinmind.co.uk/videos/>

We asked year 6 pupils what they feel excited for in secondary school. They said:

- Bigger school
- Making new friends
- Learning new things
- New environment
- After school clubs
- More freedom

We asked year 6 pupils if they have any worries about secondary school.

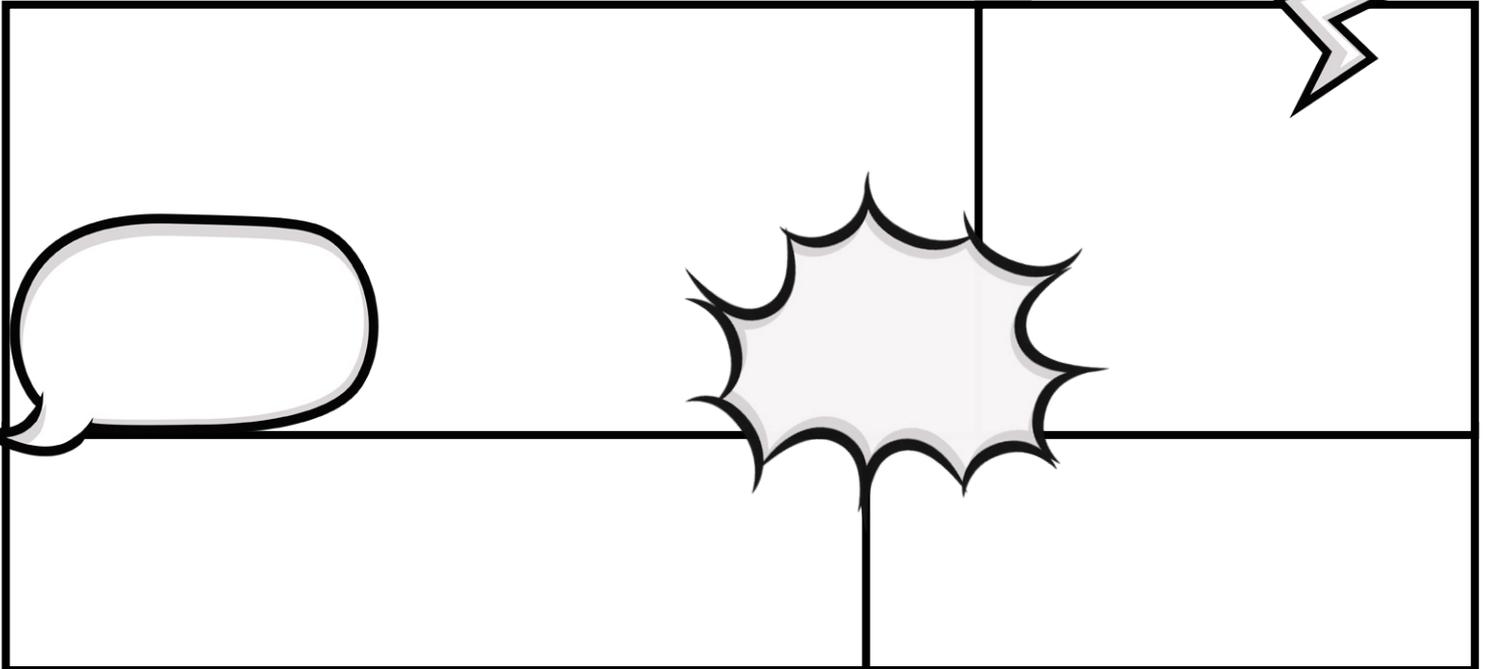
They said:

- School work
- Making new friends
- Missing old friends
- Fitting in
- Being bullied
- Getting lost

Here's how they told us they might manage these worries or make them smaller:

- Talk to your new teachers if you feel worried
- Keep in touch with friends
- Draw yourself a map
- Practice the walk to school in the summer holidays
- Look at the school website
- Talk to a parent or trusted adult

Ask your child to draw a comic about something they are worried about when returning to school. Remember to try and encourage them to think about the worries that they can control.



Now get them to draw a new comic. This time try to get them to think of something you could do differently to make your worry go away or become more manageable. You may need to help them to think of some ideas.

