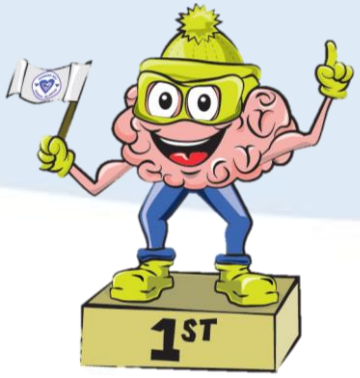
Transition Tips for Parents/Carers

Leavers







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A System Update

The move from Year 6 to secondary school has always been a period of huge change for children.

For many, this is a time of excitement, new beginnings and they are ready to move on. For others, this time brings huge worry and even sadness.

For all, there is a period of adjustment ahead of them!



Family Support

We know that support from important adults can play a huge role making transition successful.

Visits

Transition days

Visualisation

Our own experiences

UPDATING

A complete mix of emotions

Sadness



Excitement





Apprehension



Worried



Normalising that all Yr6 pupils are feeling similar emotions







Family Support











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‘What if?’ Questions

At the moment, there may seem as if there are an overwhelming amount of questions that a child wants an answer to.



The Unknown

It can feel as if they are diving headfirst into **The Unknown**, even though they may have visited the school and spoken about transition in school or with you at home.

School In-Reach Meithrymorth Tsgolion

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‘What if?’ Questions

What if...

The work is too hard for me?



What if...

I get bullied?



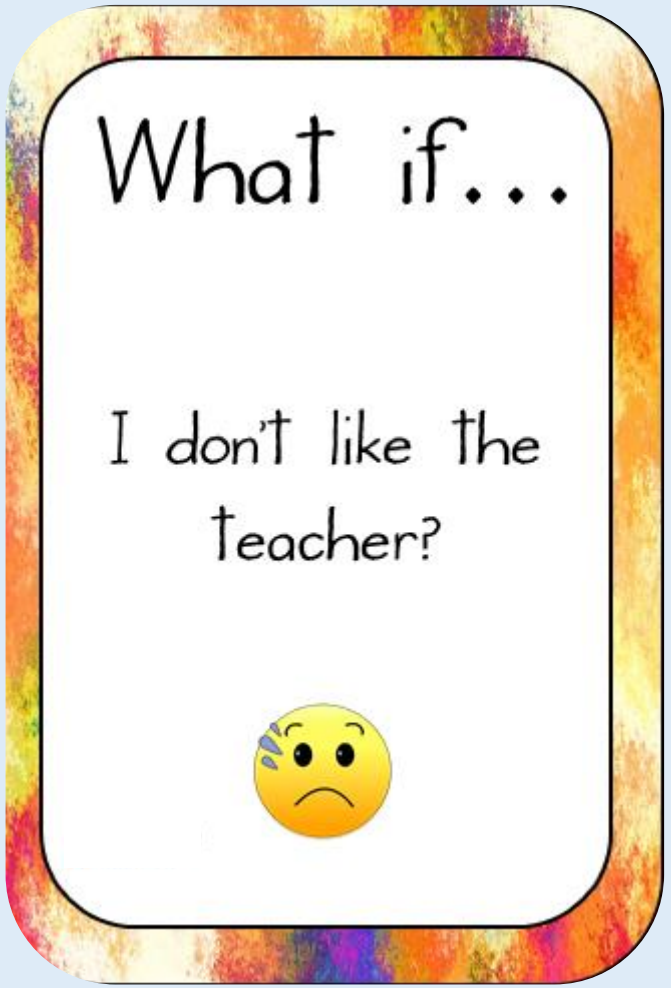
What if...

I get lost?



‘What if?’ Questions

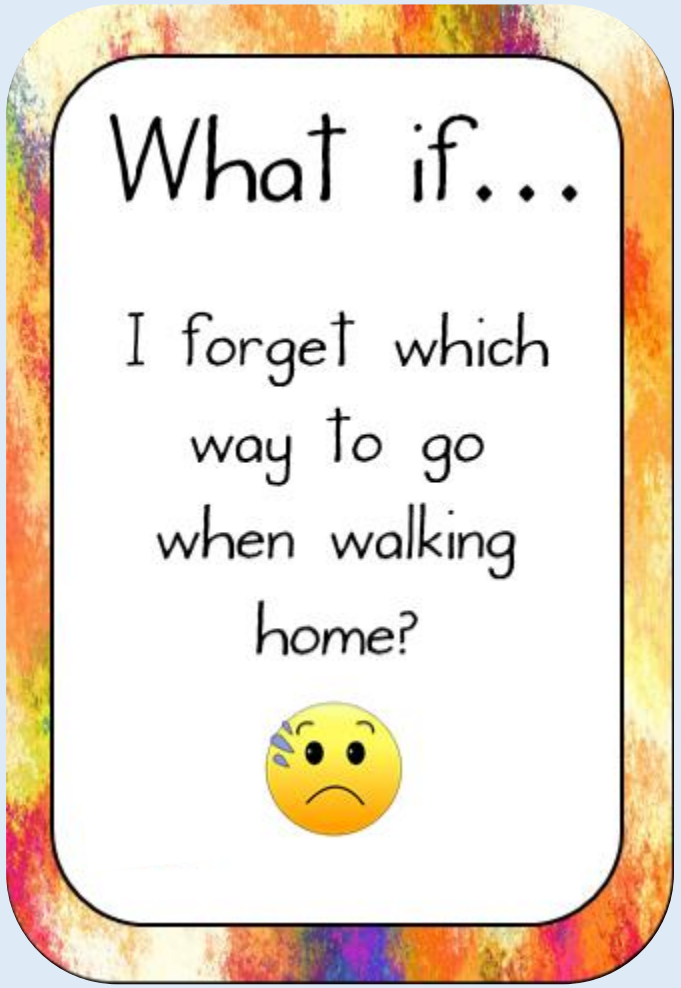




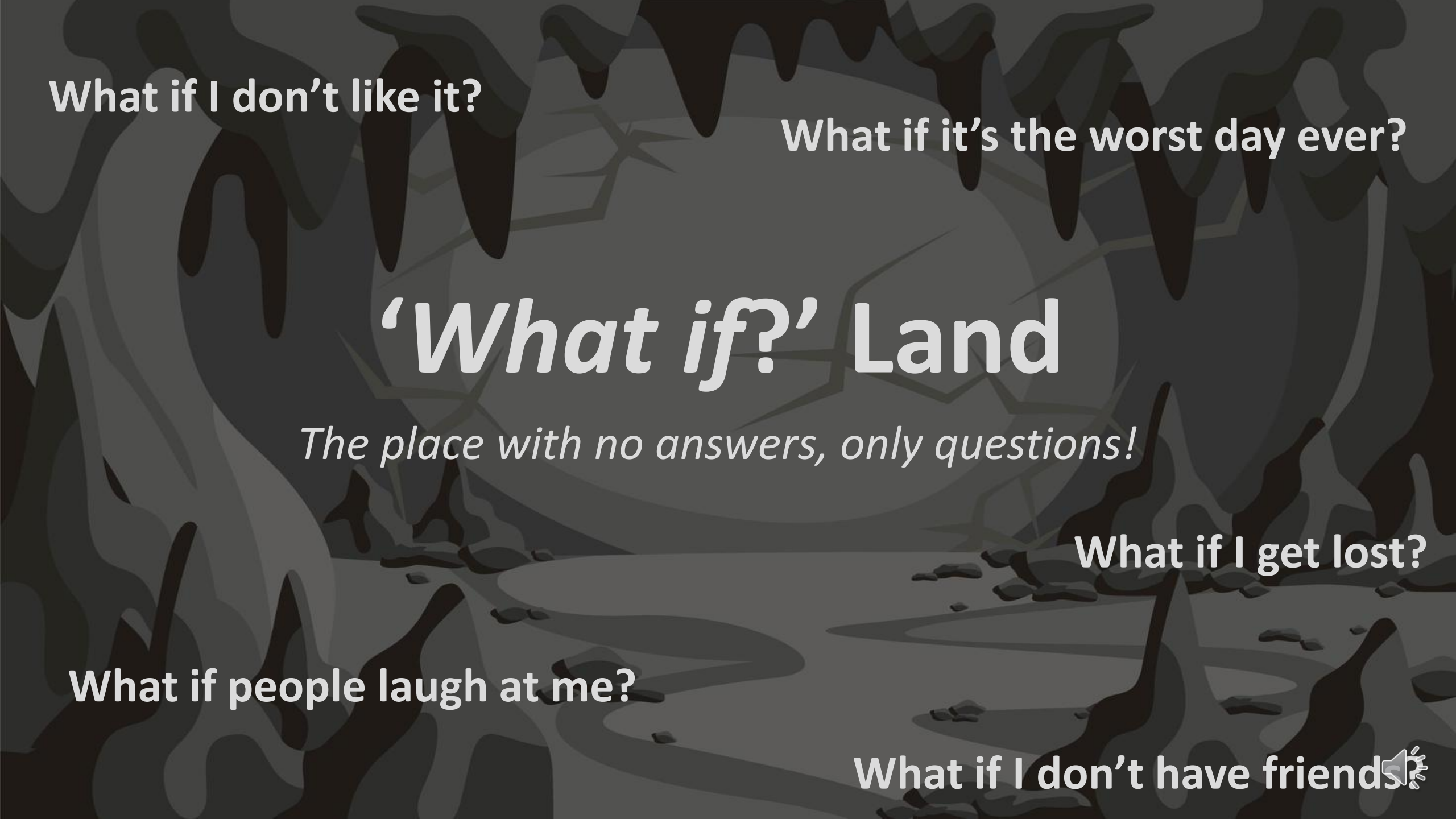


‘What if?’ Questions








What if I don’t like it?
What if it’s the worst day ever?
‘What if?’ Land
The place with no answers, only questions!
What if I get lost?
What if people laugh at me?
What if I don’t have friends?

‘What if?’ Questions

This is called reassurance seeking behaviour and is to be expected!



Some of these questions are very **practical** and simply involve explaining something **new to them.**

e.g. lots worry about dinner money, but many schools are now cashless and use *ParentPay*.

Please check with individual schools

‘What if?’ Questions

This is called reassurance seeking behaviour and is to be expected!



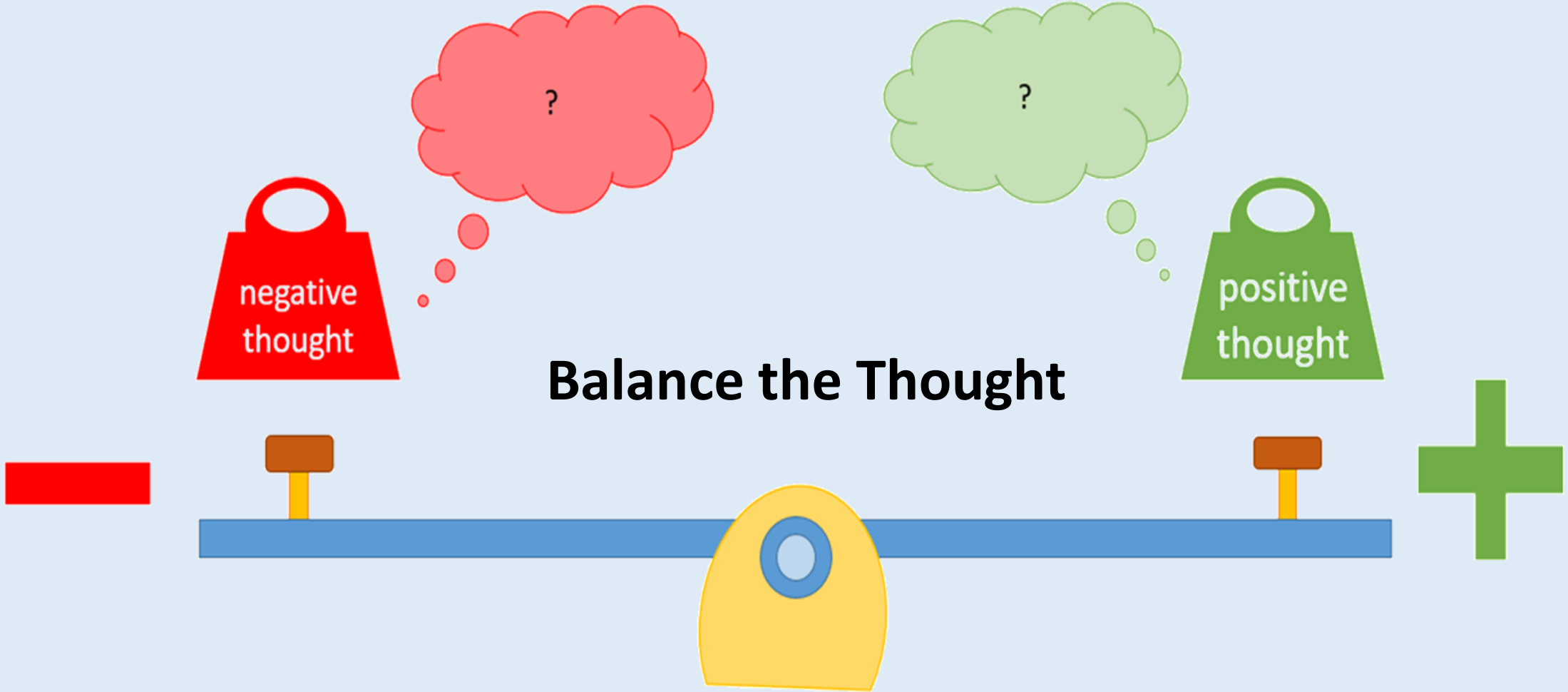
Other questions stem from **negative thinking** and lead to an over-reliance on adult reassurance.

This often increases overall distress because they **learn that they cannot be calm, safe and/or confident** unless they ask an **adult for reassurance**.

‘What if?’ Questions

We need to encourage positive thinking strategies.



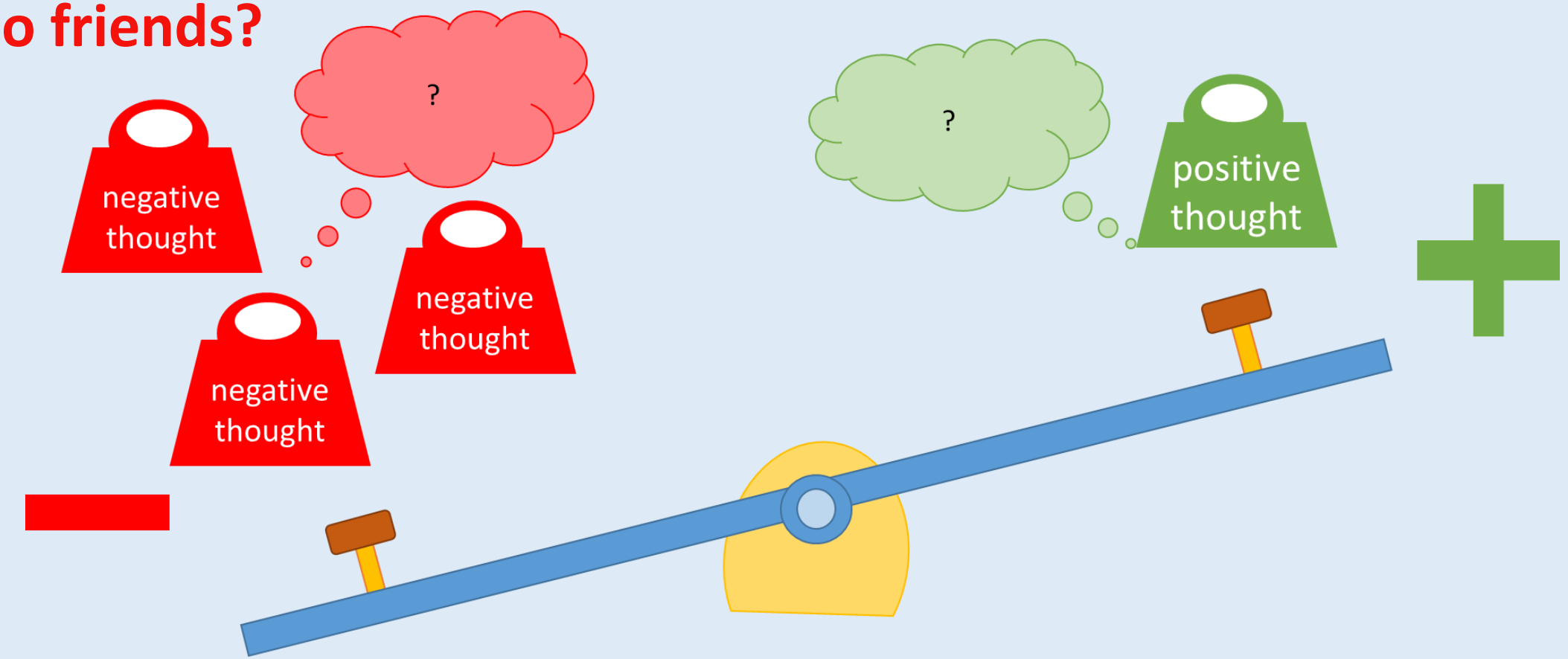


‘What if?’ Questions

We need to encourage positive thinking strategies.



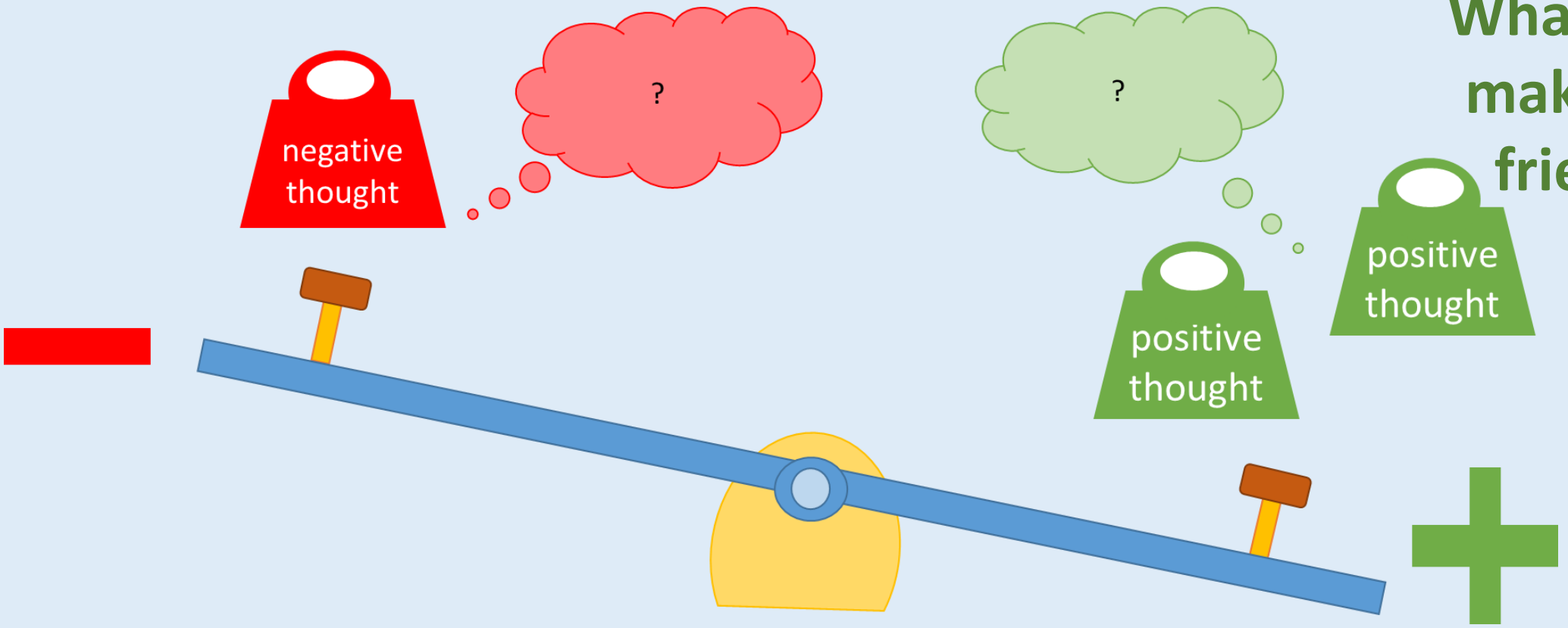
What if I have no friends?



‘What if?’ Questions

We need to encourage positive thinking strategies.



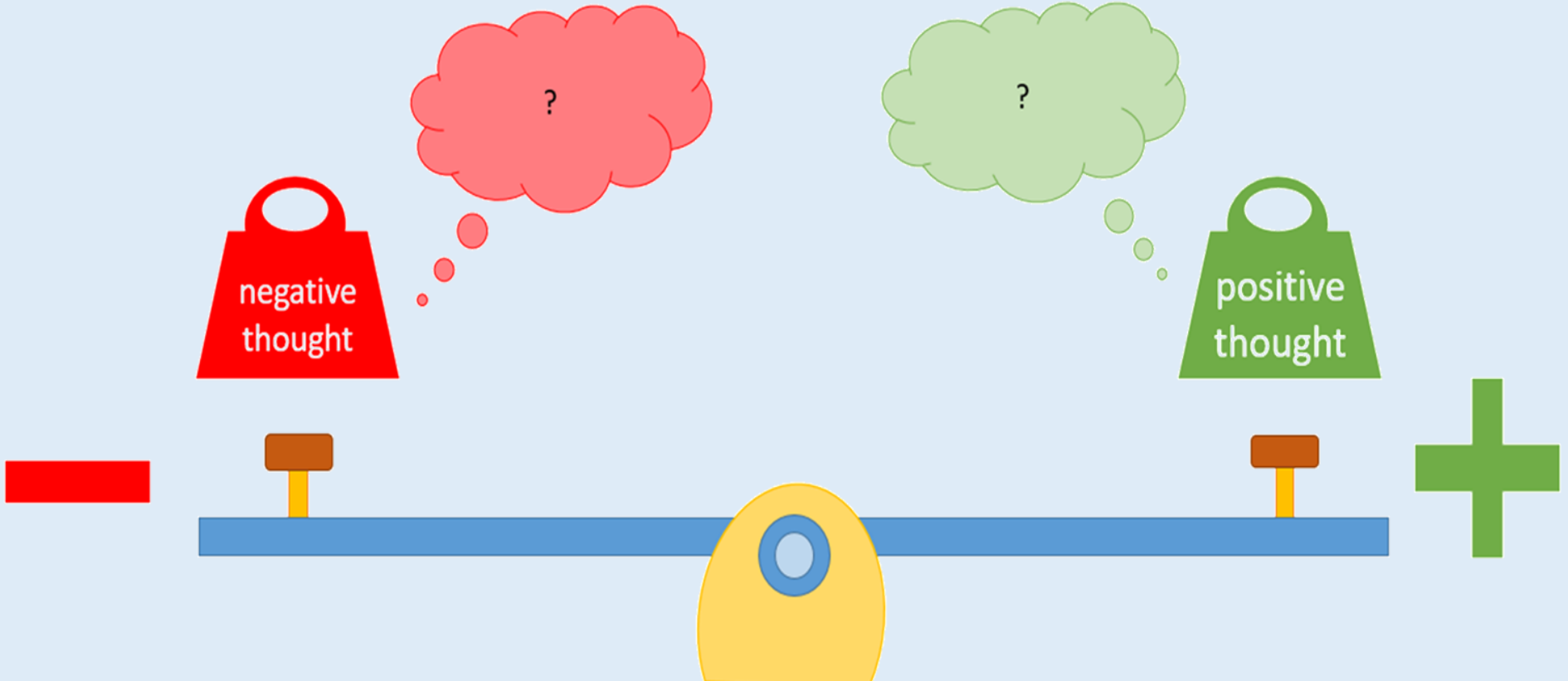


‘What if?’ Questions



We need to encourage positive thinking strategies.

It might take time to make friends but that’s okay.





The Power of Thoughts

We are shaped by our thoughts; we become what we think.

Sometimes, a child's negative thoughts are impacting how they feel and in turn, how they behave.

Children can often need support to see that they are thinking negatively and need a helping hand to challenge their thoughts.



The Power of Thoughts

Thinking Traps





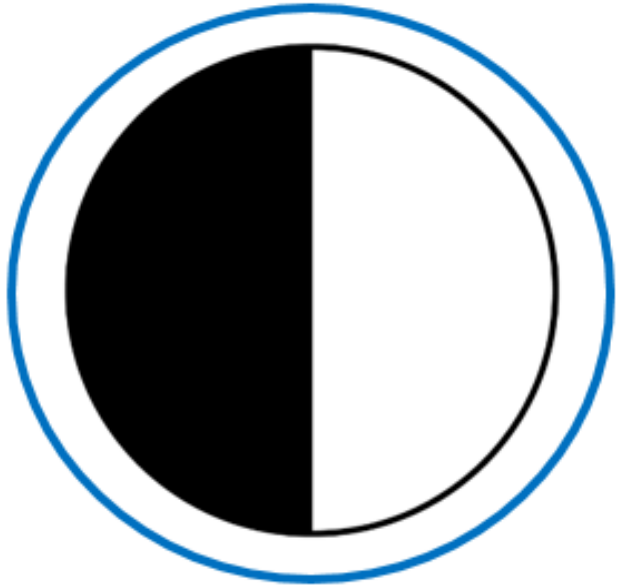
Catastrophising

Thinking the absolute worst.



Spiralling

Allowing one negative thought to 'suck you in' and bring more negative thoughts.



All or nothing

Seeing only one point of view.



The Power of Thoughts

Thinking Traps

Challenge the Negative Thoughts



Is this helpful?

Is there another way to see this?

What evidence is there?

How would someone else see this?

What advice would I give to my friend?

Is this fact or opinion

Building Independence

For some children, the ‘step up’ in independence can be a shock.

Rules

Homework

PE Kit

Money management

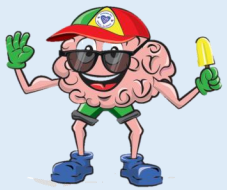
Catching the Bus

After school clubs

Moving lesson-to-lesson



Building Independence

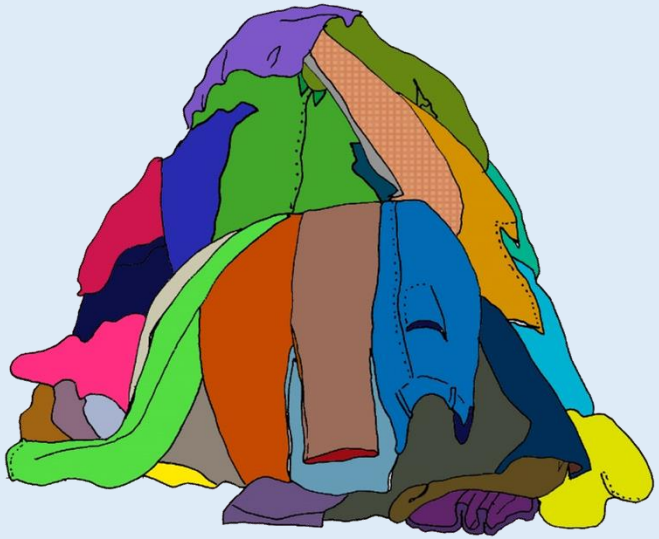


A stepped approach to independence can allow children to build confidence.

STEPS TO INDEPENDENCE

This will look different for each child and each family! It's about finding what works for you.









Ready for Routine

Secondary school often brings new routines – some children find it hard to adjust to this.













Resilience

The ability to face challenge and recover quickly from difficulties.

adapt stay positive keep going bounce back



Resilience

Building Rings of Resilience

Talk About Feelings

Try New Things

Relationships

Acceptance

Take on Challenges

It's OK to Fail

Sleep Well

See the Positives

Self Esteem

Self Talk

Resilience Problem Solving

Thinking, talking, trying and figuring things out is a huge part of resilience.

Rescuing

Because we care about our children, it is a natural instinct to want to solve their problems, remove unwanted feelings or to ‘rescue’ them from a situation that they are finding challenging.

Where appropriate, we need to encourage children to try to figure out themselves how ‘big’ a problem is and if there are any solutions that they can find themselves.

This doesn’t mean abandoning them! Rather facilitating the problem-solving process.





Resilience Problem Solving

A child knowing that you trust their capacity to cope is powerful.

I don’t want to go to school, I’m going to get lost!



If you get lost, I know you will figure it out. What could you do?



Friendships

Friendships can be the source of lots of worry and certainly keeps the Head of Year 7 very busy.

A child's perception of a social interaction is often biased – it is important to remember this when a child recounts events to you.

Tears, break-ups, make-ups, 'telling tales', rumours, uncertainty and loneliness are all part and parcel of transition and secondary school as a whole.

Many friendships from primary school remain, however some fade away over time.



Helping Friendships

Friendships can be the source of lots of worry and certainly keeps the Head of Year 7 very busy.

Making Conversation

School Clubs

Exploring Interests

Meeting Outside School

Problem Solving

Listening

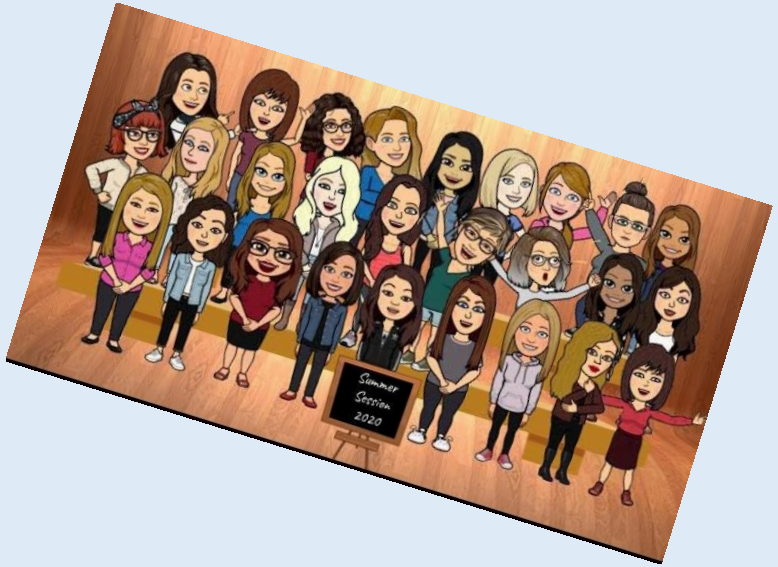
Resilience

A New Chapter

A child beginning secondary school is a new chapter for everyone in the family.













A System Update

Remember:

Be positive, offer alternative perspectives,

Expect a mix of emotions,

Prepare and build independence

&

Enjoy the last few months of primary school!

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Thank you for listening!

Leavers

School In-reach: Service Interaction Feedback 2023-24





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