

Supporting Children and Young People's Transition to High School

Parent/Carer Workshop



Aim of the session

- To support parents and carers to explore practical ideas and advice on supporting their child's transition to high school
- Explore change and its potential impact on mental health
- Consider the challenges posed by transition to secondary school
- Explore ways in which we can support young people

Group Agreement

Supportive learning environment.

Please participate – All Contributions are welcome

Everyone's input is equally valued

Listen with an open mind

Confidentiality – please don't repeat what is shared out of this session

Networking – building relationships with MHST.

Feedback at the end please



W E L C O M E

My name is.....

One
Song/Movie/Piece of
clothing from when
you were 11 years
old

Moving from Primary to Secondary

The move from primary to secondary school comes at a time of great change for children

Adapting to a new school environment

Developing new relationships

Many Parents feel anxious when their children start Secondary school

As a parent or carer there is much you can do to help your child through the transition period with careful and sensitive preparation

Lots of changes for young people to navigate

Going from Oldest to Youngest

Lots of new information to take in and learn

New friendships groups

Size of School

More Homework

More travelling

Trust that you know your child and give them the basics that they need to cope with difficult days

Work together



Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells



Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



YM Parents Helpline

0808 802 5544

youngminds.org.uk
Mon-Fri 9.30am-4pm

Ten Ways for parents to help children cope with change

Thriving Kirklees

Northorpe Hall
Child & Family Trust

ASDA foundation

Find Your Feet
YOUNGMINDS
Thriving us. Moving us. Growing up.

What are children most worried about?

Not being in a class with their friends

Getting lost, being late to class

Being isolated, not making friends

Harder Homework

Detention

Being Bullied

Not fitting in, what people think of me

Meeting new teachers. Too many teachers

What are children excited about?

Being independent

Making new friends

New environment

Sports, clubs, activities

Learning new things, new subjects

More responsibility

School trips

Having my own stationary

Information taken from Young Minds - 'Find your feet Project

How Transition can affect children and young people

It is not a single
event

Long-lasting
effect on
academic
outcomes

Perceived loss
of control

Loss of
attachment

Can impact on
self-esteem and
emotional
wellbeing

Uncertainty

Unpredictable
environment

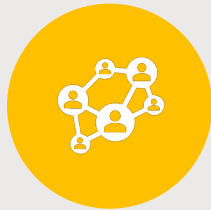
Helping your child through transition



Encouraging them to explore their feelings



Help them connect to their school



Building friendships and relationships; empowering them by building their confidence



Independence.



Helping your child to be organised

Visit

- Visit the school website

Plan

- Plan the route to school

Know

- Know what uniform is needed and buy it

Help

- Help children get into a good routine

Support

- Support them to take responsibility for the things they need to prepare each day



12 Steps to help with Transition

Visit the School Website

Practise Packing

Practise Buying Food

Plan your Route

Planner/Diary

School Map

Get Into a Good Routine

Talk to friends

Prepare Your Uniform

Take Responsibility



Things to put in place now

Encourage Independence

- Opportunity to buy things
- Go places on their own

Get Familiar with School

- Drive by the school - Help with visualising the building/ seeing how other children wear the uniform
- Attend any transition events online or Face 2 face

Finally

- Make a visual plan with your young person



Resources for young People

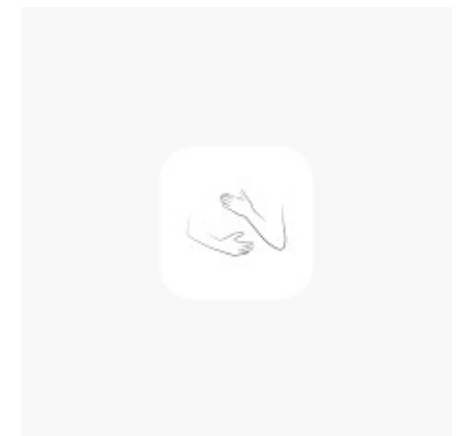
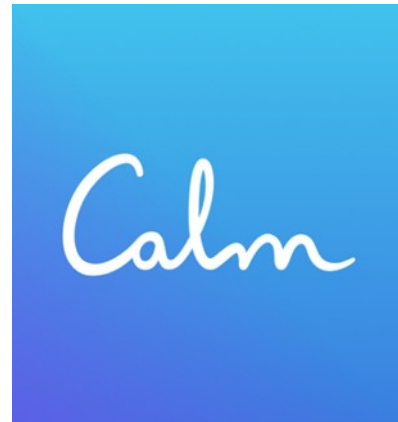
- www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1
- <https://youngminds.org.uk/media/3919/find-your-feet-pupil-resource-2020.pdf>
- <https://www.youtube.com/watch?v=IPitcRTE4ZE> - Dorset MHST
- <https://youtu.be/xT6ctrk3pVQ> - Young Minds - Find your Feet
- <https://youngminds.org.uk/media/3919/find-your-feet-pupil-resource-2020.pdf>
- <https://www.youtube.com/watch?v=thnoUraeoGs> - Anna Freud- Moving Up! The transition to secondary school
- Childline - <https://www.childline.org.uk/>
- Anna Freud - <https://www.annafreud.org/on-my-mind/>
- Young Minds - <https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



Resources for Parents

- <https://www.bbc.co.uk/bitesize/articles/znprhbk> - Supporting your child emotionally
- <https://www.bbc.co.uk/bitesize/articles/znnpcpg8> - practical advice
- <https://youngminds.org.uk/youngminds-professionals/our-projects/find-you-r-feet/#resources-for-parents/carers>
- Anna Freud - <https://www.annafreud.org/parents-and-carers/>
- Young Minds - <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.uniform-exchange.org/>

Useful Apps



<https://parentzone.org.uk/introducing-ollee>