

Helping Children to Manage Change



Transition to a new class or school is something that every school takes seriously. In Hampshire there is guidance that we and other schools follow to help children move on to their next class or school

<https://documents.hants.gov.uk/childrens-services/HampshireExpects.pdf>

There is also a lot you can do, as a parent, to help your child manage the change to a new class or school and to reduce their anxiety:

- Listen to your child's worries and questions, whatever they are. Answer truthfully and if you don't know the answer, try to find out together
- Try to minimise the unknowns—looking at the school website, pictures of new staff as well as practising the new journey or finding the door of the new class can help
- Reassure your child that it is normal to feel nervous about something new. It is normal to feel some sadness at leaving familiar things, but that these feelings usually subside
- Try to get organised in advance, rather than leaving things to the last minute. Doing this with your child gives you a chance to spend time together, chat and boost their confidence
- Be careful not to impose your own worries. Focus on exciting opportunities—new subjects, activities and friends. Celebrating the milestone of finishing the school year and all the ways they have grown during that year can boost self-esteem
- Finally, give it time. Settling in may take longer than you expect and it may not be a linear process, especially for children with additional needs