

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.



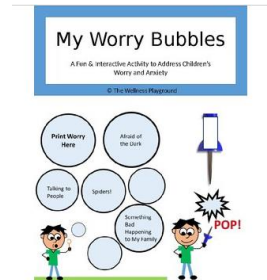
There is also a lot you can do, as a parent, to help your child manage the change to a new class or school and to reduce their anxiety:



• 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

Choose health

Know what affects your child,
what makes them grumpy, hyper, disconnected...



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

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

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 calm

Try to stay calm whilst your child is feeling distressed.

Your child may show:

- highs and lows
- blame
- melodrama
- self-centredness
- anger



Communicate

The small things you do make all the difference:

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

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



Be wise

As they discover new things, try to:



- be interested
- listen to their point of view
- be non-judgemental
- choose your words carefully
- guide
- give boundaries
- see it from all sides
- 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
- do stuff together
- be embarrassing
- make jokes
- play games
- make things
- laugh together
- be outside



Look after yourself

Support yourself, to best support your child:

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



Ten Ways for parents to help children cope with change

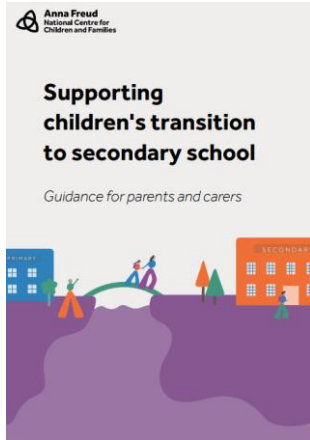
YM Parents Helpline

0808 802 5544

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

ASDA foundation
Transforming Communities, Inspiring Lives

Find Your Feet
YOUNGMINDS Feet
Stepping up, moving on, growing up



Anna Freud supporting with secondary transition

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<https://documents.hants.gov.uk/childrenservices/HampshireExpects.pdf>

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- 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
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Thank you for listening!