



Supporting psychological wellbeing in children, young people and families.

A4

TRANSITION AND CHANGE –

Practical Strategies for helping your child prepare for High School

Guide for Parents

Young
People in
Primary 7



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Preparing for High School

Transitioning to High School is an important stage in a child's life.

As with any change, there is uncertainty. Its a big change for them and also for you

Considering Transition through a Resilience Framework

The 3 sets of resilience resources

External Resources

I have

Internal Resources

I am

Social Resources

I can

3 ways to stabilise the I HAVE's

Stability

Create Stability.....

Anticipate and plan together. Work together to create a new routine. Look at pictures of the school, walk or drive the route, get school supplies together. Build familiarity ahead of time.

Security

Maintain their sense of Security.....

You are the one constant. Your relationship is fundamental to helping them feel safe through this transition. Listen to their worries and try not to dismiss them by telling them to always think about the positives.

Autonomy

Promote their Autonomy...

Embrace the change and invite them to have a bit more freedom and responsibility through the summer. Encourage them to do things by themselves and explain that this will help prepare them.



3 ways to nurture the I AM's

Confidence

Build their Confidence

Celebrate the completion of primary school. Acknowledge all that they have achieved and mark the occasion.

Self-esteem

Develop their sense of self

Promote discussions around their strengths and how they can utilise them going forward. e.g. they can explore new subjects and find what they enjoy.

Optimism

Promote Optimism

Highlight the exciting opportunities ahead, new subjects, activities, and friendships.

3 ways to develop the I CAN's

Social Competence & Empathy

Practice Empathy and Inclusion

Encourage discussion about new friendships and connections. Facilitate opportunities for them to spend time with new friends

Self-regulation

Teach them to regulate

Help them understand what happens to their body and mind when they are feeling anxious and stressed.

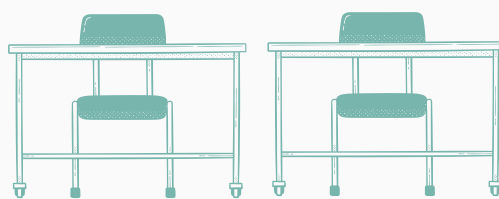
Take time to help them find strategies to help them to deal with emotions in the moment.

Help them plan wellbeing focused activities and to pay attention to their sleep, nutrition and exercise

Problem Solving

Not every problem is the same size - despite it feeling that way!

Support their cognitive development by encouraging them to give each problem a point score to rate how important it is. The more points, the more energy and input it requires. That way they can learn to utilise their energy appropriately.



How you can support them

LISTENING is the most important thing you can do as parents, but it can also be the hardest.

Try not to rush to find a solution to their worries and problems...

What not to say...



Active listening techniques include:

- being fully present in the conversation
- Showing interest by practicing good eye contact
- Noticing (and using) non-verbal cues
- Asking open-ended questions to encourage further responses
- Paraphrasing and reflecting back what has been said
- Listening to understand rather than to respond
- Withholding judgment and advice



Download the cheat sheet from
exchange-resource.net

Practical Preparation Tips

Get Organised

Find out as much as you can in preparation:
Who is their guidance teacher?
What is the school admin email?
How do you access the parent portal?

Prep your Packing

Once you have everything ready do a trial or packing up school bag and everything else they need - pencil case, lunch money, bus pass, uniform etc

Visit the School Website

Encourage your child to browse and read helpful info and news about their new school

Buddy Up

Talk about who will be going to their school and if they haven't already encourage them to share contact details. They can arrange to meet to get to school together.

Lunch Time

If your child will have school lunches, find out how they put money on their card to pay. This might be done by you online or they may have to use a machine in school.

Additional Resources

Morning Planner

Make the mornings easier with our planner template. Encourage your young person to set their own timings. Perfect for all the family to help with juggling everyday tasks.

Comfort Menu

Starters, Mains, Desserts - They can create their very own Comfort Menu with all the things that help them depending on how they're feeling.

Breathe Move Pocket Resource

Quick exercises that can be done on the go to help with self-regulation.

Solar System

This activity helps evaluate what relationships your young person has in their life and to identify what qualities they value from each person to boost their sense of security.

