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Moving schools or year groups - transition top tips and advice

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Hello!

As the end of term approaches we thought it might be helpful to put together some resources to help support children young people and families with transition. Whilst some of these resources focus on the move from primary to secondary, a lot of the content will be relevant for all children facing school transition from one year to another.

With best wishes,

Jean, Chris & Millie

Young Minds Resources



Find your Feet: Transitioning to Secondary School video



Downloadable Pupil Resource Pack



Find your Feet: Webinar for Parents

Top 10 tips for parents

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

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
• meltdowns
• anger
• self-centredness

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
• 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
• initiating
• 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 time to 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

ASDA foundation
The ASDA Foundation is a registered charity.

Find Your Feet
YOUNGMINDS
Integrating and increasing our growing pool

contact
For families
with disabled children

Contact have put together some resources including top tips for the transition process.

Top tips from Contact

childline
ONLINE, ON THE PHONE, ANYTIME
Call 0800 1111
Your lock
Sign in

Info and advice | Get support | Toolbox | Get involved

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SCHOOL, COLLEGE AND WORK

Whether you love it or hate it, school can sometimes cause problems. Get advice so you know how to handle different situations.

Childline information and advice

Childline have a variety of resources for children and young people who are starting at a new school.

Childline tips

IPSEA
Independent Provider of Special Education Advice

School induced anxiety - advice from IPSEA (Independent Providers Special Educational Advice)

IPSEA regularly advise and support parents and carers whose children are unable to access education because of anxiety or similar difficulties – very often associated with the child's special educational needs. IPSEA guidance explains what steps you can take if your child is struggling to attend school.

[Read more >> School anxiety | \(IPSEA\) Independent Provider of Special Education Advice](#)

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