

## Helping Your Child Move to Secondary School

Moving to secondary school is exciting, and marks an important stage of growing up. But like any change, it can also be an anxious time and some young people might find the transition challenging. How can you support a young person to take this step.

- 🏠 **Get Prepared:** There will be lots to take in and learn in the first few weeks, so minimising the unknowns can support your child to feel more confident. Before your child starts their new school look at the school website and map, talk through the lesson timetable and travel the school journey together.
- 🏠 **Build Independence:** Moving to secondary school can be daunting. Support your child to build their own skills and confidence. Encourage them to practice buying their own food and drink in a café and to take responsibility for the things they need to do each day. Support your child to get into the good routine of packing their school bag ready for the next day, going to bed and getting up in time to eat breakfast.
- 🏠 **Share Information:** Share information with the new school. Arrange a meeting to share key information and discuss any support needed, this is particularly important if your child has an Education, Health and Care Plan (EHCP).
- 🏠 **Keep Talking:** Your child might feel worried about moving to secondary school and have lots of questions. Discuss their concerns openly rather than saying 'there's nothing to worry about'. Being worried is understandable, keep talking and offer reassurance. Mealtimes can be a good time to start conversations and to check-in to see how your child is feeling.
- 🏠 **Give It Time:** Finally, give it time. Settling into a new school can be challenging. There might be ups and downs and it will take time for your child to feel confident with their new routine and to build friendships. Keep talking and let your child know their worries are normal.

