



Support and Help IN Education
Fylde Coast Mental Health Support Team

Parent Carer Support Guide for the transition to High school.

The transition from primary to secondary school is exciting for children and marks a new phase in their lives. Children recognise it as part of growing up and are aware that their lives are about to change in an important way. Like any change, it can also bring uncertainty. Most children will manage the transition to secondary school successfully. However, there may be ups and downs. It's easy for children to slip from feeling happy and confident one minute, to feeling nervous or anxious and back again as they find their feet.

Your child may respond well to change and will feel ready for the move, while they could need a little more reassurance and preparation.

Most children will adapt to secondary school well. However, if your child is struggling with their school, it can be stressful them, and for you as parents and carers. It's important to take this into account as you help your child prepare for secondary school.



Why can transition be difficult for some young people?

Worrying about making new friends

They are used to having one teacher most of the time. To changing to multiple teachers each day.

Possible additional classroom rules may feel daunting

Having to plan and organise for different classes each day



Knowing that they have different lessons in different classrooms

They may have more homework to do

The new school settings being larger school environments.

The increased independence from Primary School to Secondary.

Helping your young person through the transition to High School

What can parents and carers do to support ?



Building friendships

It's important to start talking about friendships. Help your child think about how to approach meeting new people and starting conversations. Remind them that all children in their school are in the same situation,



Connecting

Feeling connected with their new school is important and will help your child settle in. Help your child begin to connect with their new school. Look at school website with your child, take part in any induction, and visit the school before hand.



Empowering your young person

Building your child's independence and confidence will help them with the transition. Empower and support them to take steps towards independence however big or small. Give your child lots of praise where you can and notice the things that they are doing well.



Self-care

Self-care can help your child manage stress, lower their risk of illness, and increase energy. Even small acts of self-care in their daily life can have a big impact.



Building organisational skills

Encourage your child to get organised for school the evening before. Try and resist the temptation to do everything. Your child needs to learn to manage their time efficiently and they won't do it if you get everything ready for them.



Extracurricular activities

It can be helpful to encourage children to join some extra curricular activities at their new school as another way of meeting like-minded young people. If possible, plan activities over the summer holidays which allow your children to meet up with others



You don't have to have all the answers and you don't have to do this on your own

The greatest source of strength for any child going through change is knowing that they can fall back on the love and support of their parents and carers

Online support for parents & carers about support for parents and carers who are concerned about their child's mental health

Youngminds

Youngminds offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25.

On their website you can find out more about their Parent's Helpline, Webchat and Email service.

Call their Parent's Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm, for detailed advice, emotional support and signposting about a child or young person up to the age of 25. You'll get through to a trained adviser who will listen

Their Parent's webchat is open 9:30am - 4pm, Monday - Friday. To access the webchat, select the chat icon in the bottom right corner of your screen on the Youngminds website www.youngminds.org.uk

Well being resources for families | Place2Be

Place2be are committed to helping children with their mental health, aiming to intervene early to prevent life-long mental health issues.

They provide support early to spot mental health problems before they develop and help children cope with challenges throughout their lives using an effective therapeutic approach backed by research that combines several ways of working. They have well-being resources for families which can help you start conversations with your child, and encourage you to enjoy quality time together as a family, all of which is important for your well being. www.place2be.org.uk

Parent Talk

Action for Children protect and support children and young people, providing practical and emotional care and support. Their Parent Talk is down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Website : www.parents.actionforchildren.org.uk

Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP, EMHP or Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.



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