

# SUPPORT YOUR CHILD TRANSITION TO A NEW SCHOOL



REASON 4 BEING

In this flyer you will learn 5 tips to prepare your child with transitioning to a new school

Moving schools can be a nerve-racking and scary experience, particularly during peak years where children have already created strong friendships and a familiar routine.



This transition can often make children feel unsettled but it doesn't have to be a solely negative experience. It can be a character building experience and support the child in experiencing change in an empowering & safe way when done in a supportive manner.

A good way to get into the child's mind is to consider what you would have needed in this situation, what support would you like and if you have moved schools what would you like to have been different.



Take a look through these 5 tips to prepare your child in moving to their new school!



1) Support your child in becoming familiar with their new environment, this can look like:

- Doing the drive or walk to school a few times in preparation for their first week
- Asking for a tour of the school so they are familiar with their new surroundings
- Understand if there are any buddy up programs for your child so they are not completely alone and maybe prepare for an initial meeting before the first day of school
- Be present when your child meets their teacher for the first time so they feel they have someone in their corner- this can improve their confidence

- Share any insight into your child's character with their teacher so they have something to bond with their teacher over
- Ask for their timetable ahead of time so they can get familiar with their new routine, this will also make you aware of any days your child has certain classes which could be more anxiety provoking, such as physical education classes



2) Create a list of all the good things that could come out of this new transition and times they overcame scary things before and how they did it. This can look like a pros & cons list, a mind map or a drawing exercise.



3) Maintain open communication with your child, this creates a safe space for your child to be honest and transparent about how they are feeling. You can specifically by:



- Asking how they are feeling, let them express all of their thoughts
- Avoid trying to make it better by saying it will be ok, allow them to have their feelings and validate what they are feeling is normal
- Share a personal experience that they can relate to & how you overcame it
- Celebrate their wins
- Try not to be judgmental about how scary they are finding this transition, every child will have different levels of fear, just because one child is more resilient doesn't mean there is anything wrong with the sensitive child, they just need sensitive support



4) Explore the list of extracurricular activities at the school to see if there is anything they can join to help them in making friends- this will also support them in feeling excited about what they can get up to

5) Create some anxiety soothing strategies for them if they get nervous which they know & like

- Give them a fidget toy to keep in their pocket they can play with to calm their nerves
- Teach them a breathing technique they can do which is subtle and no one would notice. An easy breath to practice is breathing in through the nose counting to 4, breathing out the nose or mouth counting to 6. They can practice this breathing all throughout the day and no one will notice.
- Teach them about grounding, having your feet firmly on the floor and imagine the earth pulling their feet down through the power of gravity, you can even imagine tree trunks coming down from their feet going deep into the earth. This technique can be very calming and regulating, try out a youtube video together to practice this

