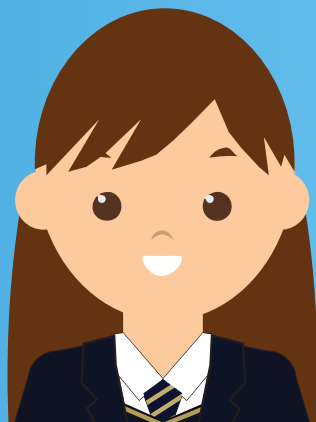




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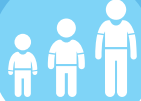


**HELPFUL TIPS
FOR PARENTS**

HELPFUL TIPS FOR PARENTS

The move from primary school to secondary school is a huge milestone in a young person's life. It can be both exciting and daunting for them **and for you**. Here are some ways **you can help** your child prepare and be ready for the big move.

GROWING INDEPENDENCE



Through secondary school your child will grow more and more in their independence as they become a young adult. Avoid doing everything for them in the beginning, but support them to start doing things for themselves like, setting their own alarm in the mornings or packing their own bags the night before. All children will be at different stages of independence but what they will all need is your support to help them grow and be successful. Set them up to succeed, not fail.

BUILDING CONFIDENCE



Be positive. Remind your child that everyone is in the same boat when they start. Talk to them about ways to initiate conversation if they find this difficult.

Encourage them to join clubs and become involved in school life. This can be a good way to make friends.



PRACTICAL HELP

Discuss and practice the route your child will take to their new school. Talk about what they can do if things go wrong, like the bus is late or they miss it all together.

Check out All Hallows website together. On the 'Transition' page you will find lots of information, videos and resources that will help you and your child prepare for September.

Make sure your child has the correct uniform, school bag and all the equipment they need.



EMOTIONAL SUPPORT

Talk to your child about their feelings and worries about starting at secondary school.

Talk through some unexpected situations they might face at school and help them to come up with solutions of what they should do; If you miss the bus....; If you lose your dinner money...; If you feel unwell...; If you feel unhappy...'

Always ask your child how was their day when they get home from school. Share with them in their wins, encourage them in their losses.

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LIFECENTRE



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