

Transitions

Guidance for Parents and Carers

Gateshead Psychological
Service
Wellbeing for Education
Return Project



We all experience transitions every day, ranging from minor (moving from room to room) to major (starting a new job). Transitions can make us feel **anxious** about what is to come/the **unknown**. The COVID-19 pandemic may make these feel more difficult to manage. **School transitions** can include things such as changing year group, moving up to the next key stage to leaving and returning to school due to lockdown.

It is important to think about how we can support these transitions, to guide through tricky times with **kindness**, and provide children and young people with **resilience** and **copng skills** for **future challenges**.

Be **prepared** for upcoming changes and **actively learn** about what is to come. **Get involved** by asking school staff what changes are happening in school and how you can help at home.

Try and create a **sense of security** and **reassurance** at home. Be your child's **anchor** during change. Be **encouraging** and **empowering** giving positive support.

Be **organised**. **Plan ahead** of big dates and **involve your child** to build independence e.g. virtual visits/open days, morning routine checklist.

Cover the basics at home during times of change (food/snacks, exercise/outdoors, sleep, activities). **Work on what you can control**.

Work together with your child. **Involve them** in changes where possible. Always be there to **listen** and show **empathy**. Accept that things aren't always going to be smooth sailing. Try to be **patient, tolerant** and **calm**.

Look out for **changes** in your child during times of change. Recognise if they are **acting different** e.g. sleeping and eating more/less. Speak to your child about changes you have seen to **check in**.

Secondary school advice

Moving through secondary school

- ★ [Supporting transition from Key Stage 3 to GCSE](#)
- ★ [Supporting the transition from GCSE to A level](#)
- ★ [Life after school: survival guide booklet](#)

Returning to school after lockdown

- ★ [Supporting a child returning to school after lockdown](#)
- ★ [Managing anxiety about going back to secondary school - advice from young people](#)

General advice

- ★ [Practical Tips for Supporting School Transitions webinar](#)

