

# Moving on up!



Supporting your child with transitions

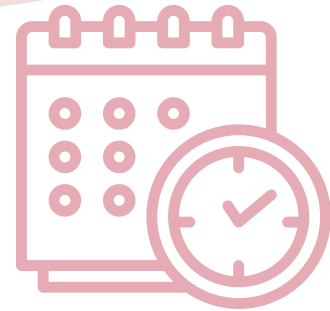
## Reassurance

Moving to a new class or school can be frightening because your child has developed relationships and has a sense of belonging.

It is important to talk to your child about how they might be feeling such as sad, happy, anxious, excited, scared. These may be big feelings and they may be new feelings. Remind your child that this is completely normal and everyone else may be experiencing this too.

YOU  
ARE NOT  
ALONE

## Routines



It can be beneficial to build in routines to support children during transition. This can help create consistency and predictability at a time when some things are changing.

Use visuals, count downs. Lay out objects in a morning such as the uniform, tooth brush etc. Set out a clear to do list.

Create a bedtime routine and stick to it. It can create a predictable structure and can be reassuring.

## Be positive

Encourage your child to see the change as something positive rather than a 'loss'.

## Questions to ask

What are you most excited to learn about in your new class/ new school?

What might your new friends be like?

What clubs are you excited to join?

Are you excited about any school trips?

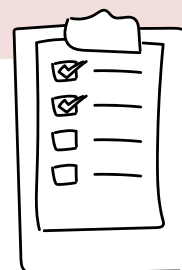
Are there any questions you would like to ask?



## Preparation

Support your child to be familiar with the changes that are coming such as:

- Try on new uniform
- Walk to the new class/ new school
- Share photographs of key adults, locations.
- Practise new routines such as packing school bag.
- Create a countdown for the transition such as crossing off days on a calendar.
- Meet with friends who are going to be in the same class.

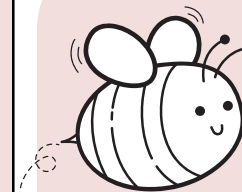


## Coping skills and self care

It is important to support your child to spend time doing the things that they enjoy and equipping them with skills to manage when things are difficult.

Go out in nature and spend time noticing what is around you.

Practise breathing and mindfulness techniques together such as bumblebee breathing.



Bumble bee breathing  
gently place your pointer  
fingers in your ears.

Breathe in through your  
nose and hum gently as  
you breathe out