



Year 6 Wellbeing Support

The move to secondary school is a big step for children and their parents.

In some cases pupils can become anxious or overall worried the following websites and video links can help pupils and parents navigate the worries of transition.

Anna Freud:

Moving Up! The transition to secondary school transition:

<https://youtu.be/thnoUraeoGs>

Young Minds:

Find your feet: Transitioning to Secondary School

<https://youtu.be/xT6ctrk3pVQ>

Find your feed: Parent Webinar

https://youtu.be/nK1E_XgAWww



Top Ten tips for Parents

top-ten-tips-for-parents.pdf (youngminds.org.uk)

<p>Choose health</p> <p>Know what affects your child, what makes them grumpy, hyper, disconnected...</p> <p>Do they need snacks throughout the day? Do they need lots of sleep? Do they need to get out and about and do exercise? Do they need time alone?</p> <p>Trust that you know your child and give them the basics that they need to cope with difficult days</p>	<p>Work together</p> <p>Share ideas about how to:</p> <ul style="list-style-type: none"> create action plans have a problem-solving approach enjoy achievements be forward-looking show them that we can all get things wrong 	<p>Move on up</p> <p>Encourage independence:</p> <ul style="list-style-type: none"> help them to move positively from child identity towards teen identity increase their responsibilities be positive whenever they act maturely <p>Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.</p>	
<p>Be calm</p> <p>Try to stay calm whilst your child is feeling distressed. Your child may show:</p> <ul style="list-style-type: none"> highs and lows melodrama anger blame self-centredness 	<p>Communicate</p> <p>The small things you do make all the difference:</p> <p>Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting</p>		<p>Get learning</p> <p>Be involved, find out more and talk about:</p> <ul style="list-style-type: none"> social media internet benefits and dangers new music language and slang current affairs what it's like to be young in the current world
<p>Be wise</p> <p>As they discover new things, try to:</p> <ul style="list-style-type: none"> be interested be non-judgemental guide give boundaries see it from all sides listen to their point of view choose your words carefully act on warning bells 	<p>Be the anchor</p> <p>In times of change you are:</p> <ul style="list-style-type: none"> constant family familiar routine in-jokers irritating comforting home 	<p>Have fun</p> <p>Provide lots of light relief:</p> <ul style="list-style-type: none"> be silly be embarrassing play games laugh together do stuff together make jokes make things be outside 	<p>Look after yourself</p> <p>Support yourself, to best support your child:</p> <ul style="list-style-type: none"> lean on friends offload on other family find 'me time' see the GP relax, exercise, sleep well, eat well remember tomorrow is a new day

