

Supporting your child with transitions



Surrey and Borders
Partnership

NHS Foundation Trust



YMCA EAST SURREY

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Reflection

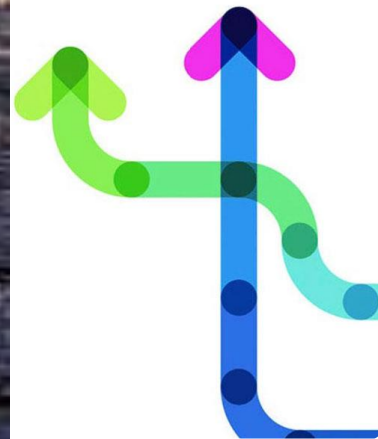
Have a think about your own experiences of change – not just changing school but changing jobs or home.

- What was it like for you, how did you feel?
- How did you respond?
- What helped you to cope?
- What didn't help?

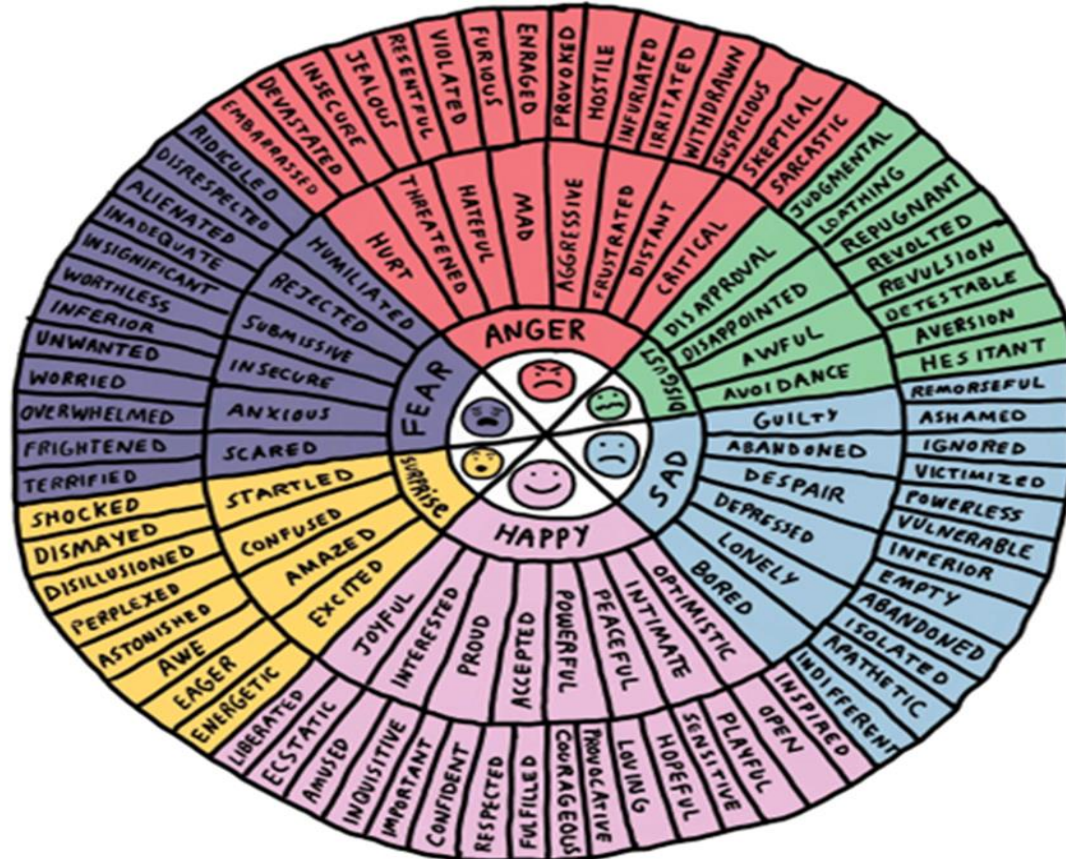


Take a moment to think and share your thoughts.

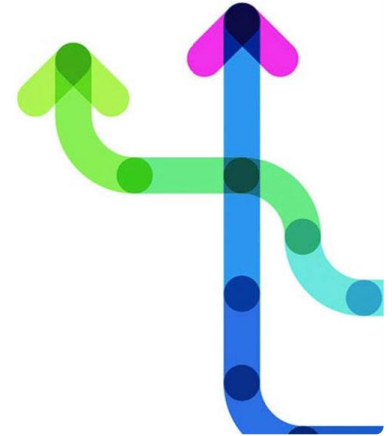
Change



Emotions



Tolerate uncomfortable feelings



What might your anxieties be?

"Letting go" and allowing our children to grow and become more independent

Will the new school/teacher know what support my child needs?

A new/different schedule and routine

Fear of the unknown/uncertainty

ALL of your child's worries and anxieties

It is completely normal for yourself and your child to feel anxious during this time. Although most people would prefer not to feel this emotion, it can be helpful in that it protects, prepares and motivates us.

Supporting our children as parents/carers who feel anxious

When we are worried about something our children often experience that worry.
We can reduce the impact of our own anxiety on our children through many ways:

Discuss in an age-appropriate way

Seek our own support networks

Look after you!

Celebrate transitions

Focus on new opportunities

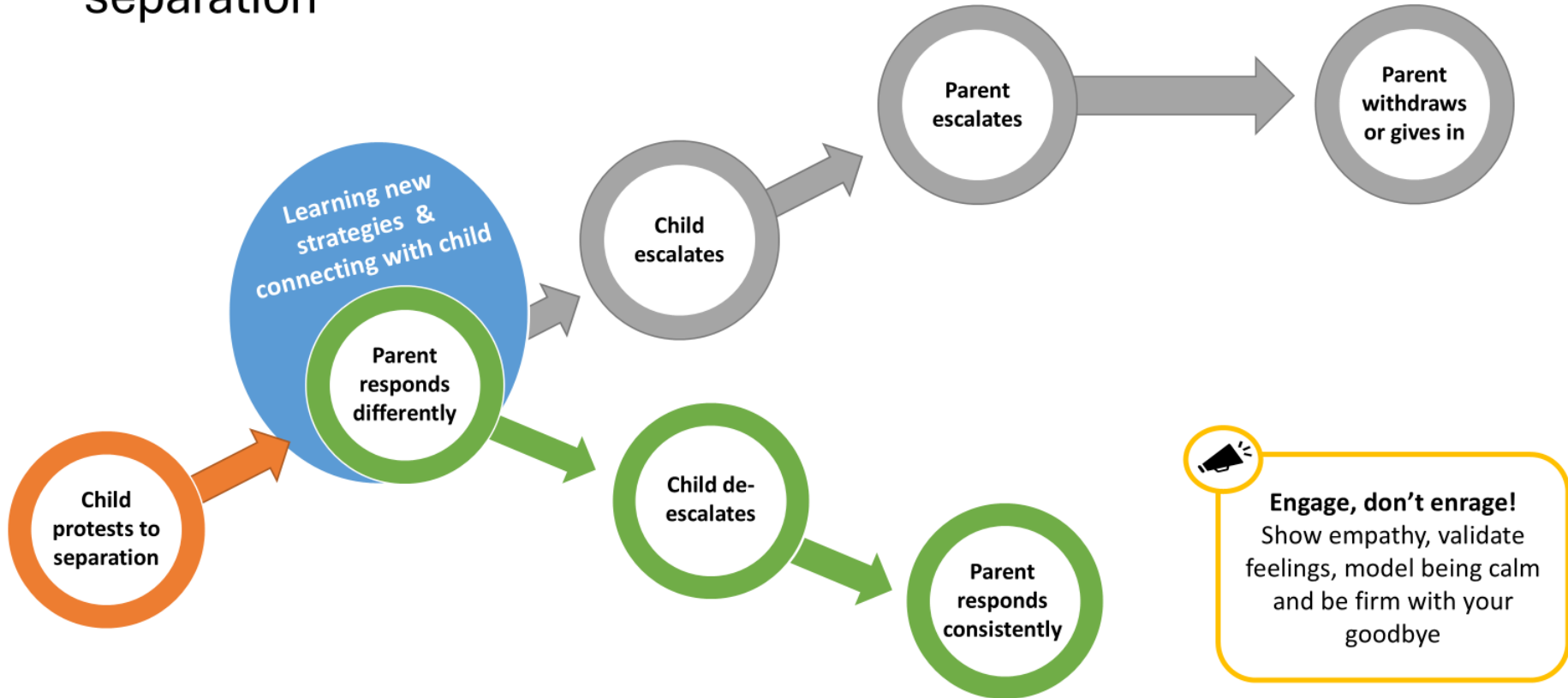
Present balanced information

Develop your knowledge for confidence

Helping Your Child With Fears & Worries

Understanding Anxiety

Helpful response to separation



Your child might need to adjust to:

Separating from you

Meeting new people

Being in a new environment

Not knowing what may happen next

New routines

Sensory differences

How to validate your child's feelings

Validation is simply the act of letting someone else know their experience is real

- **Really listen to what they have to say**
- **Repeat back to them your understanding of what they have said**
- **Observe how you think the other person is feeling at that moment**
- **Ask your child open questions about their experience to help you both understand it further**
- **Be tolerant and non-judgemental**

