



Hampshire Child and Adolescent
Mental Health Services

GROWING UP

How to support your child with transition to school

Useful Apps:



HappiMe



SuperBetter



What's Up



Fabulous - Daily Self Care



Stop Breathe Think

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.

Services provided by Sussex Partnership NHS Foundation Trust

GROWING UP

How to support your child with transition to school

WHEN TO BE CONCERNED?

It is common for young people to lack confidence from time to time as they develop through childhood and adolescence.

When to be concerned:

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low
- If episodes are more frequent or prolonged and cause the young person distress
- If it impacts on their ability to cope with everyday life such as going to school, seeing friends or taking part in leisure activities

WHAT TO DO:

- Get organised; make a list of things that are needed and practise getting ready for school - e.g. packing bags, planning lunch, doing a trial run of getting to school
- Ask for the timetable and a map of the school so you know what time and where your child needs to be
- Familiarise yourself with the new school rules
- Make a list of questions you and your child want to ask the new school
- Arrange visits to the new school and if possible meetings with new teachers
- Arrange to meet friends at the school gate
- Find out if there is a 'safe place' your child can go if they are feeling worried or overwhelmed
- Together with your child, make an 'All about me' book for new teachers; include information about their likes, dislikes, strengths and things they find hard
- During the last week of the school holidays get them to wake up earlier so it does not come as a shock when they start school
- There is a lot of information on the Hampshire CAMHS website; hampshirecamhs.nhs.uk/help/parents-carers/transitions/

WHAT MIGHT IT LOOK LIKE?

Transition is the movement, passage or change from one position, state, stage, subject or concept to another. Changes can be gradual or sudden, and last for differing periods of time. For some children and young people times of transition and change can be particularly difficult.

Children may experience the following:

- Experiencing separation anxiety from a parent/carer
- Asking lots of questions repeatedly even when answers have been provided
- Seeking reassurance (verbal and physical)
- Regression behaviour (e.g. wetting/waking up in the night, talking with a baby voice, thumb sucking)
- Reluctance or refusal to go to school
- Becoming distressed or agitated when facing fear or even thinking about facing the fear
- Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy or faint

#Recipes4wellbeing



hampshirecamhs.nhs.uk