



Calderdale Transition Support Project

Parent/carers transition workshop – Resource pack

It's all change!

Reflect on a past change in your life and answer the questions.

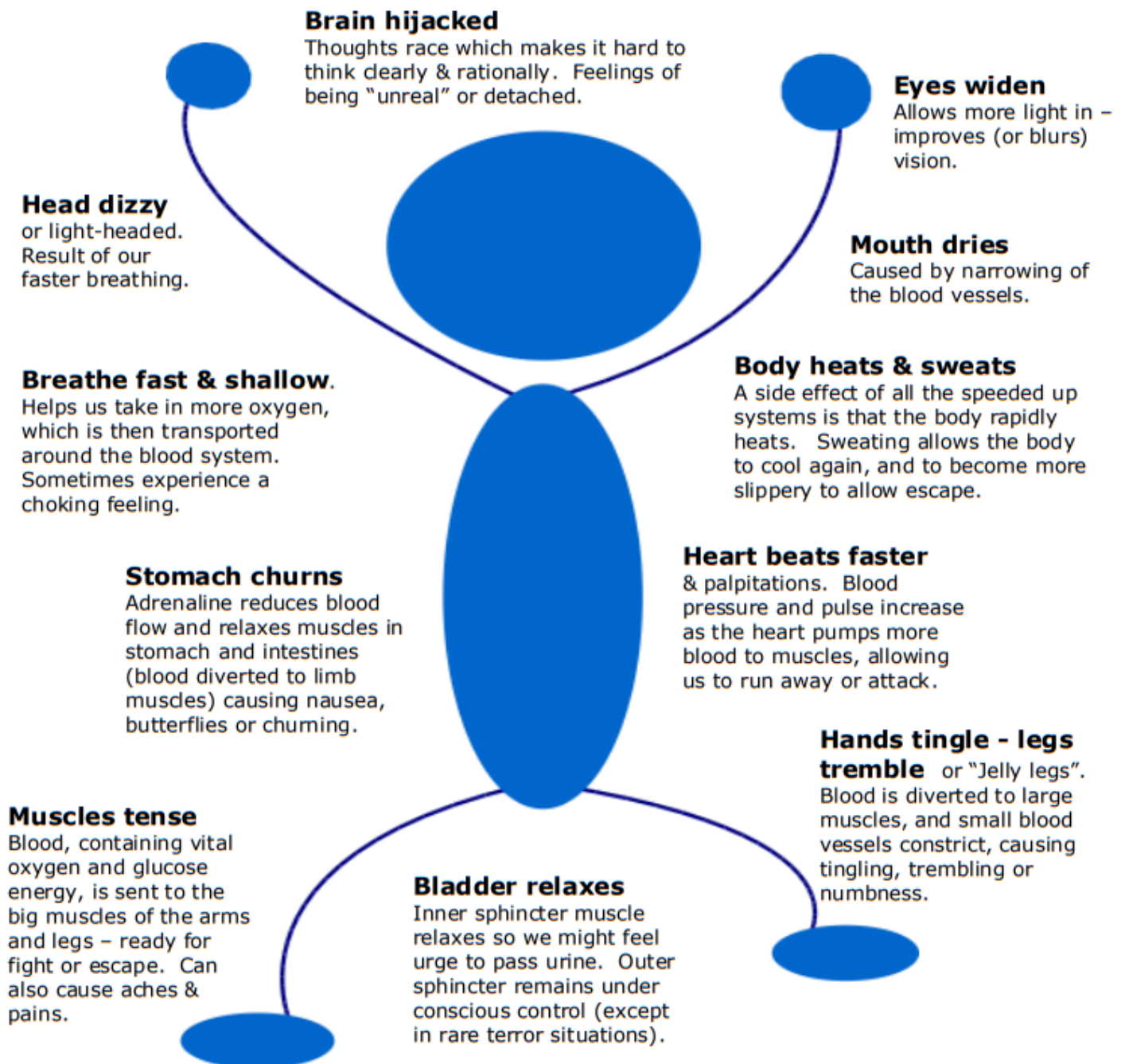
WHAT WAS THE CHANGE?	HOW DID YOU FEEL BEFORE THE CHANGE? WERE YOU WORRIED?	DID YOU DO ANYTHING THAT HELPED?	WHAT WAS THE OUTCOME?



ALARMING ADRENALINE !

The body's alarm system

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).



After the adrenaline has died down, we can feel exhausted, shaky and weak.

My Worry Monster

If you sometimes worry about things like Milton, you may like to make your own worry monster.

Worry monsters are great because they read your worries and munch them up so you no longer need to worry about them!

Follow the instructions below, write down your worry on a piece of paper and put it in your worry monster.

You will need:

A disposable drinking cup

Coloured paper/felt

Pipe cleaners

Googly eyes

Pom-poms

Sticky tape

Scissors

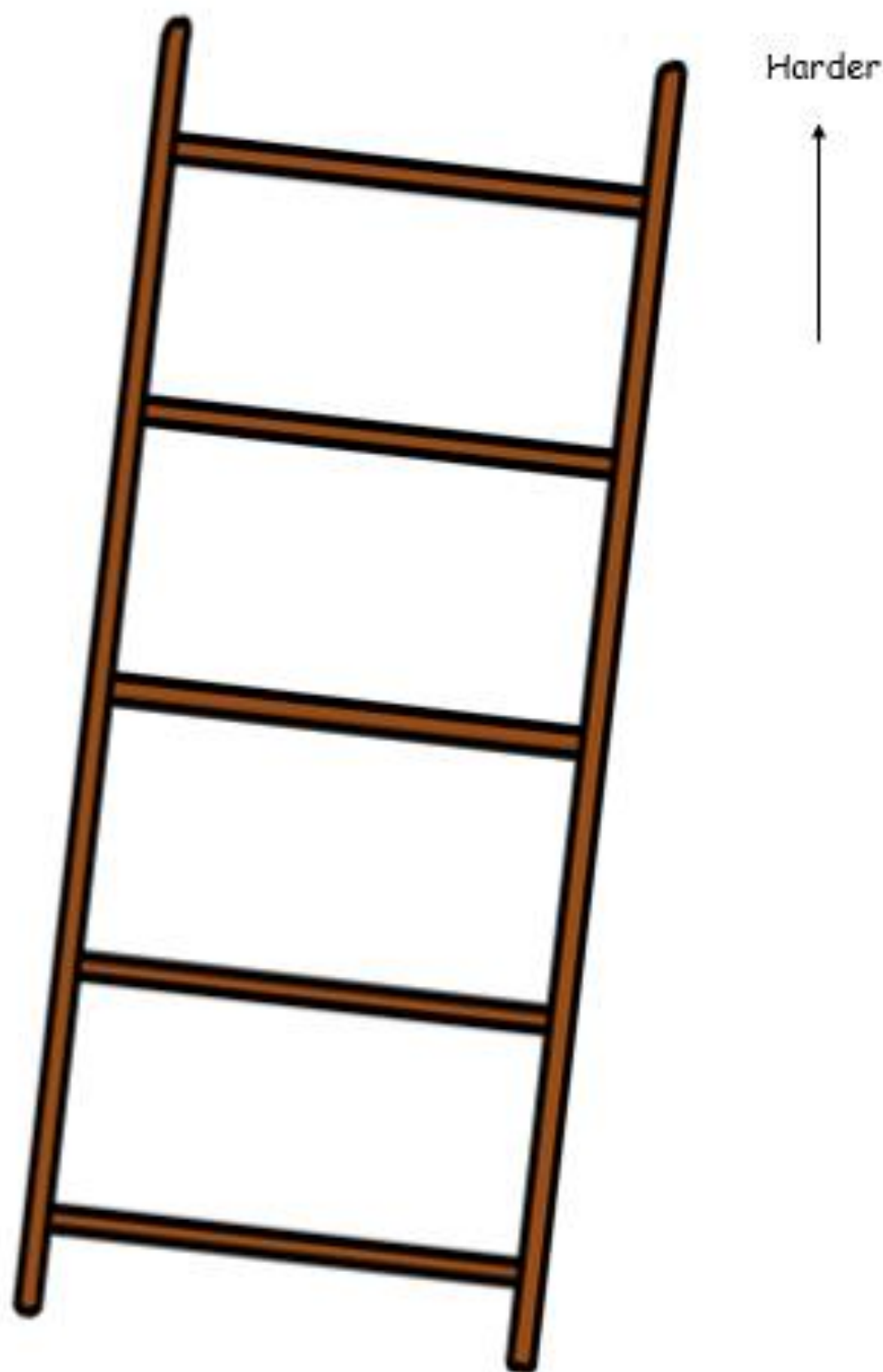
Glue



Instructions

1. Take your drinking cup and cut some coloured paper or felt to fit around the outside of the cup. Use the glue to stick this down.
2. Stick googly eyes (or draw your own!) onto the front of the cup. It can look as crazy as you like!
3. You may wish to add pipe cleaner antennae, a monster mouth, a pom-pom nose or anything else you want.
4. Write any worries that you have on a piece of paper and feed it to your monster! If you want to, you could talk to a friend or a member of your family about the worry that you fed to your monster.

My Exposure Ladder



Action Plan

Name: _____ **Date:** _____

It may be useful to work through your child's worry with the below action plan. You may want to model this first with a worry of your own to demonstrate.

How I am feeling? (use anxiety thermometer to support)



Try to describe or draw what you are thinking about...



Who could help me with this worry?

What would be an appropriate solution?

What small step could I take towards the solution?

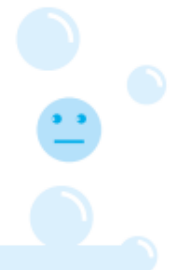


What else could I do?

What could my school do to help with this?

What could my parent or carer do to support this?

What coping strategies could I use to re-focus or relax?



How many positives can you think of?

Fill in the shapes with as many positives you can think of.
E.g. "I am brave, kind, caring..."

I AM

I HAVE

I CAN

Top Tips to Support Your Child to Move Positively to Secondary School

When your child is preparing to move to secondary school, it is both an exciting and an anxious time for the young person and their family. Being positive and supportive will help your child remain calm and embrace the changes.

1 Be open and positive.

Discuss the changes openly and ensure that your questions are positively phrased, e.g. What are you most excited about? What are you looking forward to about your first day? Have you seen the fantastic trips that you can go on?

2 Plan what will happen on the first day.

Try to do things that will make the first day seem magical. Involve your child in decisions about what will happen, e.g. whether they are going with a friend, going alone or whether you are taking them. Find out if they want something special for a packed lunch or if they want a special meal when they come home. Ask whether they want to go somewhere after school, such as to a grandparent's to tell them about their first day. If they have siblings at their old primary school, they may want to help you collect them and tell their previous teacher how their first day went.

3 Help them to make new friendships.

Wherever possible, arrange for your child to meet other young people in the holidays who will be going to the same secondary school. You could organise a day out for other young people and their parents. You could exchange phone numbers, if you feel comfortable doing this. Manage any communication sensitively, ensuring your child feels happy and confident around the other young people.

4 Involve them in buying new school supplies.

Involve your child in choosing new school equipment, such as a new school bag in addition to their uniform. They will enjoy having the choice about some items and this will help them feel better prepared and more independent.

5 Discuss possible scenarios that might happen at school.

Talk about scenarios that relate to questions you have been asked, such as, 'What happens if I get lost and I am late for my class?' Try and ask them what they think might happen first – a young person will often think of a sanction that will be far worse than what will actually happen. Explain that lots of people will get lost to start with but that there will be someone to ask and people they can walk to class with. Encourage using good manners if they arrive late for class.

6 Practise the route to school.

Take your child on a practice run a few times in the school holidays. Walk to the bus stop, catch the bus and walk the route they will take. Talk about any landmarks on the way and consider the time the journey will take. Encourage your child to take the lead on the second practice so they feel in control. Once the real day arrives, they will be more confident.

7 Speak to a young person who is already at the secondary school.

Encourage your child to speak to someone who is already at the school and ask questions. They will be able to explain what it is like, dispel any negative myths and be positive about change. Choose the young person wisely and help your child prepare a list of questions beforehand.

8 Be patient.

As the first day approaches, the young person may start to feel increasingly anxious. They may change their behaviour and become quieter or they may ask more and more questions. Be patient and supportive. Most of us can remember our first day at school or when we started a new job. Even if you have already answered their questions, continue to do so – this could be their way of seeking further reassurance.

9 Provide distractions.

Try to provide distractions during the summer so that your child is not focussing solely on the move to the new school – they need respite from any anxious thoughts. Consider trying a new activity. This will encourage them to be brave, to meet new people and to find their way around a new venue. It will demonstrate that they can manage change and encourage resilience and positivity.



Remember that some young people will settle into a new school more quickly than others. This doesn't matter. What matters is that they feel comfortable to share their thoughts and feelings with you.

Continue to ask questions and talk about times when you found starting a new school or a new job challenging. Share what helped you and let them know that you will help and support them.

Choose health

Know what affects your child.
What makes them grumpy, hyper, disconnected...



- 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?

Trust that you know your child and give them the basics that they need to cope with difficult days

Work together



Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Be wise

As they discover new things, try to:



- 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

Be calm

Try to stay calm whilst your child is feeling distressed.
Your child may show:



- highs and lows
- melodrama
- anger
- blame
- self-centredness

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things be outside



Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Look after yourself

Support yourself, to best support your child:

- 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



Ten Ways for parents to help children cope with change

YM Parents Helpline

0808 802 5544

youngminds.org.uk
Mon-Fri 9.30am-4pm

ASDA foundation
Transforming Communities, Improving Lives

Find Your Feet
YOUNG MINDS

stepping up, moving up, growing up

SUPPORT NETWORKS

@MYTBRAIN

THIS WORKSHEET WILL HELP YOU IDENTIFY THE BENEFITS OF SUPPORT, TYPES OF SUPPORT AND HOW TO UTILISE THEM!
IDENTIFY SUPPORT THROUGH FRIENDS, FAMILY AND GROUPS OR HOBBIES YOU MAY HAVE.

BENEFITS OF SOCIAL SUPPORT

- IMPROVES YOUR WELLBEING AND OUTLOOK ON LIFE
- DEVELOPS YOUR RESILIENCE TO STRESSFUL SITUATIONS
- YOU WILL FEEL SAFE AND SECURE
- YOUR SELF-ESTEEM WILL IMPROVE AND DEVELOP
- YOU WILL FEEL GENERALLY MORE SATISFACTION IN LIFE
- IMPROVED PHYSICAL HEALTH

TYPES OF SOCIAL SUPPORT

-
-
-
-

HOW TO UTILISE SUPPORT

NURTURE YOUR EXISTING FRIENDSHIPS AND RELATIONSHIPS:

MAKE A PLAN TO JOIN A CLUB OR COMMUNITY GROUP, PARTICIPATE!

CONNECT WITH OTHERS THROUGH GAINING SUPPORT:

LOOK FOR PROFESSIONAL SUPPORT WHEN NEEDED:

LIST THREE TYPES OF SUPPORT YOU HAVE
AND IDENTIFY HOW THEY HELP YOU

SUPPORT 1:

SUPPORT 2:

SUPPORT 3:
