

WELLBEING NEWSLETTER

Creating connected, resilient families



Secondary

July 2023



What's In This Month's Issue?

Moving on and coping with change



Moving year group or school can be a challenging experience for secondary-aged children. Here are some top tips to help:

- Encourage your child to express their emotions about the change. Listen actively and empathise with their concerns or anxieties. Let them know that it's normal to feel nervous or unsure about change.
- Foster a positive attitude: Encourage your child to approach the change with a positive mindset. Highlight the new opportunities and the chance to learn and grow in a different environment. Your optimism can help them feel more confident about the change.
- Be patient and understanding: Understand that the adjustment period may vary for each child. Some may settle in quickly, while others may take more time. Be patient and provide ongoing support as your child navigates the new school environment or change of year.

Remember, every child is unique, and their adjustment process may differ. By providing support, understanding, and reassurance, you can help your child navigate the challenges of change more smoothly.

There is no growth without change and there is no change without loss. R Warren



How we say goodbye at significant times in our lives is important. The more we can help children understand and normalise their worries and concerns through times of change, the better.

However, when might you know that your child is significantly struggling with the change? Here's a fabulous video from Young Minds which will explain more.

Signs your child may be struggling with change



<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/>

HELPFUL PODCASTS



www.raisingteens.podbean.com

www.talkingteenagers.co.uk



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



Clear Fear

Helpful App for Children to manage anxiety

