

Top Tips for helping your child through Secondary School Transition



- **Set some time aside to talk** with your child about their feelings around moving on to secondary school.
- **Visit the secondary school website** with your child to familiarise them with key adults, daily routine, code of conduct, uniform and layout of the grounds.
- **Have a conversation about homework.** This is a particular worry for many children. Talk about homework planning, organisation of time and personal responsibility.
- **Practise the journey** with your child so that they feel confident on the first day to travel alone if necessary.
- **Be visibly excited** about this step in your child's education! Your child will take their emotional lead from you.
- **Drive/journey past your child's new school** whenever possible. The more familiar it is, the less threatening it will appear on their first day.
- **Mention the school** casually in conversation between now and September. This will help to make the school part of your child's natural thought process.
- **Your child may want to exchange numbers and addresses** with some of the primary school friends that they'll be leaving behind. Although your child will inevitably make new friends, leaving existing friendships can feel like a wrench.

