

Changing School

Supporting Your Child Emotionally



Is your child worried about the bus journey they'll be making to their new school?



Is your child worried about making new friends?



Is your child worried about what their new teacher will be like?



Don't brush anxieties under the carpet. Children may not come to you in the future if they have a problem.



As your child prepares to enter their new school, nurture their confidence and self-esteem.



In the early days of starting a new school, allow children time to get used to their new routine.



Devote quality time in the evenings - take time to ask them what they did in PE or read their essays.



If children divide their time between two households, ensure they have a replica checklist at both homes.



Don't dismiss any apprehension your child says they're feeling about starting secondary school. It's important to listen to their worries.



Don't focus solely on academic success. Sports and extra-curricular activities are equally worthy of praise.



If your child has had a bad day and not done so well in something try not to be critical.



Always give your full attention to your child when they express concerns about something.



If your experience of school wasn't a positive one, try not to let that influence your child.



Don't worry, it's inevitable that children fall out of favour with groups of friends during secondary education.



Look out for signs of bullying which can have long-lasting effects into adulthood. Changes in behaviour, feeling ill, anxiety, nightmares, loss of interest, missing belongings, bruising or burns can all be signs of bullying.

For more information and to book your place on the 'Helping Children With Loss' course for parents and carers visit www.jillframpton.co.uk

Jill Frampton
Advanced Grief Recovery Specialist



Certified Grief Recovery Specialist
The Grief Recovery Method®

T: 07922 520595 E: info@jillframpton.co.uk

www.jillframpton.co.uk