

Transitioning from primary to secondary school is a major milestone in your child's life. It brings exciting opportunities but can also be accompanied by anxiety or uncertainty, both for your child, and for you as a parent.

### Some things you can do to help:

1. Understand what changes might be coming up
  - New teachers and classmates
  - Larger buildings and different classrooms
  - More subjects and a complex timetable
  - Greater independence and responsibility
2. Talk openly and often:
  - Listen to worries - Encourage your child to share their thoughts, both positive and negative. Reassure them that it's normal to feel nervous.
  - Use positive language - Talk about the exciting parts of secondary school like making new friends, trying new subjects or joining clubs.
3. Encourage problem-solving skills:
  - Role play scenarios that might come up (getting lost, forgetting homework)
  - Remind them it is ok to make mistakes and how we learn from them
3. Help your child gradually become more independent by:
  - Letting them practice using the bus (if applicable)
  - Getting them to take the lead in preparing their school bag and uniform
  - Encouraging them to use a planner or calendar to track homework
4. Create a routine to help bring stability:
  - Work together to set regular bedtimes and morning routines
  - Establish a quiet time/place for homework
  - Ensure they eat a healthy breakfast and bring everything they need for school

6. Stay informed and involved:

- Attend transition days or orientation sessions, including parents' information sessions, sports activities or social opportunities
- Read school newsletters and websites to stay up-to-date
- Help them get organised with school supplies and uniforms early

7. Encourage friendships:

- Help them maintain contact with friends from primary school
- Talk about how to make new friends and deal with social changes
- Support attendance at extracurricular activities or clubs

8. Support with homework and learning:

- Show interest in what they're learning
- Offer help without taking over
- Encourage regular study habits and use of a homework planner

9. Recognise and manage anxiety:

- Stomach aches or trouble sleeping
- Avoiding school or talking about feeling scared
- Changes in mood or behaviour

If needed, talk to school staff or seek support from local services.

10. Recognise the importance of this transition and celebrate milestones:

- Celebrate their last day of primary school
- Mark the first day of secondary school with a positive tradition (e.g., photos, a special breakfast)

**Let your child know that feeling nervous is okay — with time, support, and encouragement, they'll settle in and thrive.**

## Further resources

Talk - [talk.islelisten.im](https://talk.islelisten.im)

Kooth - [www.kooth.com](https://www.kooth.com)

Childline - [Moving Schools](https://www.childline.gov.uk/moving-schools)