

# Transition support for parents/carers from Infant School to Junior School

As your child prepares to move from Infant to Junior school, it's natural to feel a mixture of excitement and apprehension. This transition marks a significant milestone in their educational journey and your support is crucial in helping them navigate this change smoothly.

Here are some ways to support your child during this period, along with useful resources to guide you:

## Understanding Their Worries



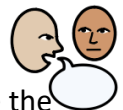
Children often have various concerns about moving to a new school. They might worry about making new friends, adjusting to a new environment, or coping with increased academic demands. It's important to acknowledge these feelings and reassure them that it's okay to feel this way.

## Practical Tips for a Smooth Transition



1. **Visit the New School Together:** Familiarise your child with their new school by attending open days or arranging a visit. This can help reduce anxiety about the unknown.
2. **Talk About Their Feelings:** Encourage your child to express their worries and listen to them without judgment. Validate their feelings and offer reassurance.
3. **Establish a Routine:** Consistent routines can provide a sense of stability. Gradually adjust their daily schedule to match the new school's timetable.
4. **Stay Positive:** Share positive stories about your own school experiences or those of older siblings. Highlight the exciting aspects of Junior school, such as new subjects and activities.
5. **Stay Involved:** Attend parent-teacher meetings and stay in touch with the school staff. Being involved in your child's education can help you address any concerns early on.

Every child is unique, and their experience of transitioning to junior school will vary. Your patience, understanding, and encouragement will make a significant difference in how they adapt to this new chapter. If you have any concerns or need further support, speak to the staff at their new school.



Transition should be a process and not just an event. Everyone working together will make the experience as positive and enriching as possible for your child.

Over the page are some activities that you can do to support this transition at home:

**Read books or watch films** about children transitioning to a new school. This can help them learn about what to expect and feel more prepared for the change.



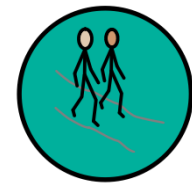
**Play games that involve following directions and taking turns.** This will help them develop the skills they need to be successful in the classroom and work with their new peers and friends.



**Talk to your child about worries or problems.** Encourage your child to start asking for help when they need it, whether that's with their homework, problems they're experiencing at school or their mental health.



**Walk or drive the new route to school** and talk about the things you can see and any landmarks that will help them remember the route. Practise crossing roads and keeping themselves safe.



**Independently organising their own things.** They'll need to be more independent with starting their learning, organising pens, pencils and books for lessons. Encouraging them to do some organising at home will help.



**Liaise with staff if any difficulties, concerns or on-going worries.** Your child will speak to you first about anything that is worrying them. Most worries you'll be able to support them with but if there are things that need more support then firstly talk to their current adults who will probably be able to help.



**Encourage them to get involved in** extracurricular activities. This is a great way for them to make new friends, build confidence and learn new skills. It will also give them skills to support with negotiating new situations.



**Help with any activities sent home.** This will let your child know that you are there for them and interested in what's happening in their life. This will reassure them that they can talk to you if anything does worry them in the future.

