



Mental Health in Schools Team Tips For Wellness



Transitions

Moving to a new school, changing classes, or starting secondary school are big moments in a child's life. Transitions can be challenging for young people due to the loss of familiarity. Children often imagine worst-case scenarios if they do not know what to expect, which can impact their mental health and wellbeing. Some children can put pressure on themselves to adapt quickly to new situations, even if they are truly feeling worried or stressed!

Your child may present with; anxiety or worry, withdrawal, sleep problems, clinginess or irritability. Keep an eye out for any changes in their mood or behaviour in the lead up to September!

Our top tips for a smooth transition:

1. **Talk it through** – let your child express their feelings. Be calm and reassuring.
2. **Build familiarity**– if your child is starting a new school, explore the route together and encourage your child to engage in transition days.
3. **Keep a routine** – Stick to regular sleep and mealtimes in the lead-up to school changes and throughout the summer holidays. You could even encourage your child to practice their morning routine, including packing their bag or getting dressed.
4. **Be positive** – Speak positively about the new school or teacher. Young people can often mirror other people's attitudes.
5. **Comfort object** – It is common for young people to feel worried leaving their parent or carer after a break from school. You could try letting your child carry a small reminder from home, like a photograph of their family, or a note from you in their pocket to help reduce anxiety.

Talking to a Primary aged child



Webinar about the transition to secondary school



Talking to a teenager



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.