

Dear Mums, Dads and Carers,

Helping Children Cope With Change

The summer holidays is a time for all children to prepare for a big change in September whether this be up to a new teacher or moving on to Secondary school. Children cope with these changes in different ways: some can self manage this with ease whilst others can face it with uncertainty and anxiety.

With this in mind, please see the attached poster designed for parents/carers, with ten practical things you can do to help your child cope with change. The Young Minds website (link below), also provides handy tips and video clips to help you through this journey. Hopefully, if your child is struggling with the thought of change, you will find something here to help (even if it is just the knowledge that you are not the only one facing this challenge!).

<https://youngminds.org.uk/take20/top-tips-for-you-and-your-child/>



[The #Take20 Parent's Hub: Top Tips for You and Your Child](https://youngminds.org.uk/take20/top-tips-for-you-and-your-child/)

youngminds.org.uk

Top Tips for You and Your Child Our Parent Services team give their top tips for how you can support your child during a time of change or difficulty.

Wishing you a relaxed holiday.

Kind regards,

Emma Woollon
Pastoral Support Lead