



What's in This month?



Good endings and new beginnings



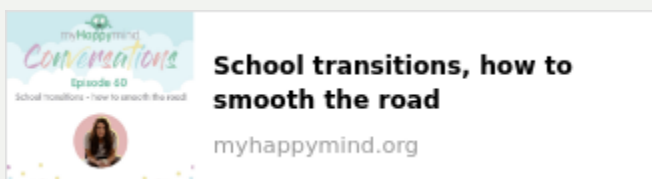
Moving class or school can be a significant change for a primary-aged child, and as a parent, there are several ways you can support them with their emotions and wellbeing during this transition.

Here are some top tips to help your child with moving class or school:

- Talk to your child about the upcoming change and discuss or problem solve any concerns or questions they may have. Provide reassurance and explain that it's normal to feel a mix of excitement and nervousness and there is nothing 'wrong' if you do.
- Encourage friendships: Help your child build new friendships over the summer, encourage them to participate in social activities outside of school. Building connections with others can help your child adjust more quickly to their new class or school.
- Stay positive: Model a positive attitude about the move and highlight the opportunities and advantages of their new school or class as well as discussing the things which are worrying them. Children often pick up on their parents' emotions, so demonstrating optimism can help them approach the change with a more positive mindset.

Remember, each child is unique, and their adjustment process may vary.

Take a look at this podcast!



Change is inevitable. Growth is optional. John C Maxwell



For those who have children moving to secondary and are worrying, here's fabulous video for you:

<https://youtu.be/thnoUraeoGs>

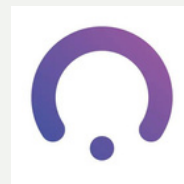


TAKE TIME TO CONNECT

DON'T FORGET!

Developing a sense of belonging by spending time together, and doing shared activities is crucial for fostering healthy relationships and overall wellbeing during this time of change.

It doesn't always mean the time together is perfect and stress free, but healthy boundaries and keeping calm are what will help you cope with the fun and frustrations of parenting through change.



[Clear Fear](#)

[Helpful App for Children to manage anxiety](#)

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