

POSITIVE TRANSITIONS

Positive Transitions Top Tips for Parents & Carers

Your child is about to go through a big and exciting change with their transition to high school, however, this can also be a time of challenges and anxiety. Some of the main changes P7's have told us that they felt both worried and excited about were:

- New classes and new experiences
- Failing tests and falling behind academically
- Meeting new people and making friends
- Having new teachers
- Navigating the school/ a bigger building
- Increased freedom
- More/increased difficulty in homework

It is completely normal for your child to have a mixture of emotions about going to high school, and to change from excited to nervous from day to day! It is important to reiterate to them that all of these feelings are completely natural and a normal part of experiencing change – and that you are there for them throughout it all.

Research has shown that according to young people, the people who helped them most to prepare for secondary school transition were parents, so we have created this resource with some tips to help you navigate this time.

Our top tips for supporting your child in the transition to high school

- Keep talking! The 'Growing Up In Scotland' study highlights that if a young person is provided opportunities to speak openly with their family members about their feelings towards transitions, their familial relationship will likely become stronger.
- You can't pour from an empty cup – we know this can also be an anxious time for parents and carers, so make sure you are looking after yourself too!
- Check-in with the school – building a relationship with your child's key contact at the school can mean you feel more comfortable in raising any concerns early on
- Have fun – it's important to remember they are still a child (and you're still a child at heart!) so don't forget to have fun together in amongst all the change.



- Help build their independence at home too – this could be by gradually suggesting they help make dinner or some housework.
- Keep some routine/consistency at home during the period of change.
- Have you spotted any groups or activities that take place at the high school your child will be attending? Findings from our focus group found that ‘navigating the school’ is a pressing worry, with 36% highlighting this as their biggest worry. Opportunities to spend time in the high school in addition to the traditional school visits can be helpful.
- Support them with homework where you can if needed or help them find homework clubs.
- Learning a new route to a new school can seem intimidating – during the summer, show them the route they would take to high school and go with them, whether that’s on the bus or walking/cycling so that they can build confidence in getting there ahead of the move.

Transitioning in a digital age

During this time of transition, your young person will also be transitioning from childhood to adolescence. This is typically the time young people see an increase in their screen time, as it is around this age they typically get access to their own mobile phones, tablets or laptops. Young people are also becoming more independent at this age, experimenting with boundaries, including around technology.

We know that the digital world can seem foreign and scary to many parents, and we want to support you to feel more confident and knowledgeable in supporting your young person with the common issues and risks, such as the risk of screen addiction, online bullying, and the impact of digital footprints. However, the digital world can also be positive and beneficial during this time, helping young people to stay in touch and build online support networks, as well as providing entertainment to reduce stress.

People Know How wants to ensure parents are supported with digital concerns, enabling them to feel more confident in supporting their young person and their transition to high school. **Please email reconnect@peopleknowhow.org to register your interest** in a session around supporting your young person to be safe and confident online, and to stay in the loop about any future sessions around digital safety/support. In the meantime, we have included some resources below about exploring the online world safely:

Website	What is it?
young.scot/campaigns/national/digi-know-learning-opportunities	Guides around using digital safely and positively
ceopeducation.co.uk/parents	Support around protecting your child online
beinternetlegends.withgoogle.com/en_uk/parents	Tips and tricks for supporting your child’s digital education
internetmatters.org/advice	Online safety advice by child’s age
mygov.scot/staying-safe-online	Advice on keeping you and your family safe online

Looking for a FREE family day out this summer?

We’re taking part in the Edinburgh Kiltwalk on 15 September and are inviting you and your family to join Team People Know How to have a fun day (hopefully in the sun!) in walking 5 miles in the Wee Wander! We’re offering free places on our team – why not join us with your friends or family?! You’ll



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be provided with a free People Know How t-shirt and plenty of snacks along the way, as well as a Kiltwalk medal at the end.

You are welcome to join purely for a fun day out, or you can join in our fundraising efforts by asking friends and family to sponsor you - last year, we raised a grand total of £3,406.25, and we hope to smash that total this year. Every penny raised as part of our team will go to our work to improve wellbeing across communities, supporting children, young people, families and adults. Sign up for free: To find out more and claim a free place on our team visit our website:

<https://peopleknowhow.org/donate/kiltwalk>

Where else can I get support for my child, me or my family?

Sometimes, we might need some extra advice or support with different areas of our lives. It is always okay to ask for help. It might be that you, your child, or your family need specialist support, so we have made some suggestions below of different places to go for different challenges:

Mental health/Counselling

Organisation	What do they do?	Website
Shout	Shout is a free, confidential and 24/7 text messaging service for anyone of any age in the UK. Text the word 'Shout' to 85258	giveusashout.org
Samaritans	Open 24-hours per day, to offer emotional support. Call 08457 909090	samaritans.org
Breathing Space	Confidential phone line to help with worry, call 0800 83 85 87	breathingspacescotland.co.uk
Childline	You can contact Childline about anything that's worrying you. Call 0800 1111	childline.org.uk
Papyrus	Support for children and young people who are experiencing thoughts of suicide. Contact HOPELINE247 for confidential support and practical advice. Call: 0800 068 4141 Text: 88247	papyrus-uk.org/papyrus-HOPELINE247
MYPAS	Counselling and art therapy for young people aged 12 to 18 in East Lothian and Midlothian	mypas.co.uk/counselling
Space Scot	Provides counselling and art therapy for young people, aged five to 25 at The Broomhouse Hub and in schools across South West Edinburgh	spacescot.org

LGBTQ+

LGBT Youth Scotland	Support for LGBTQ+ young people, aged 13-25.	lgbtyouth.org.uk
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Mypas LGBT	Online and in person social groups and one to one support for LGBT+ young people – EAST LOTHIAN AND MIDLOTHIAN ONLY	mypas.co.uk/east-lothian-lgbt-service
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ASD/ADHD/Autism

Salvesen Mind Room	Provides support for children and young people with learning difficulties across Scotland. They also run parent and carer peer support groups	mindroom.org
Tailor Ed Foundation	Support for children and young people with autism in Edinburgh	tailoredfoundation.co.uk

Parent/carers specific support

Children 1 st – Parent Line	Support line and online webchat to support parents and carers. Call 08000 28 22 33 free.	children1st.org.uk
Homelink Family Support	Family support for parents and carers with young children in Edinburgh and Midlothian	homelinkfamilysupport.org
VOCAL	Provides support and training to unpaid carers across Edinburgh and Midlothian.	vocal.org.uk
Enquire	Free webinars to help parents and carers feel informed when decisions are being made about their child's education and support	enquire.org.uk/events/free-webinars-for-parents-and-carers

Financial support

Edinburgh Uniform Bank	Provide free school uniform for those experiencing financial hardship	edinburghuniform.org
Aberlour's Urgent Assistance Fund	Can provide immediate relief to families with children (aged 21 and under) who are suffering extreme hardship.	aberlour.org.uk
Trussel Trust	A nationwide network of food banks	trusselltrust.org
Edinburgh Council	Services with the cost of living in Edinburgh	edinburgh.gov.uk/cost-living
My Period	Shows where to find free period products	myperiod.org.uk

Online directories of community and voluntary sector organisations and services

ALISS	aliss.org
Parent Club	parentclub.scot/family-support-directory
EVOC Red Book (Edinburgh specific)	evocredbook.org.uk
iThrive Edinburgh (Edinburgh specific)	ithriveedinburgh.org.uk/find-a-service



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Public Autism Resource & Information Service
-ASD-specific database of UK autism services

info.autism.org.uk

Who are we?

Positive Transitions is a service that supports children, young people and their families in the transition from primary to secondary school across Edinburgh and the Lothians. The service is designed to support them to feel valued and understood, improve their self-esteem and peer relationships, and enable them to fulfil their potential.

peopleknowhow.org/positive-transitions

WE WISH YOU ALL THE BEST FOR A POSITIVE TRANSITION!



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