

This month's wellbeing edition is linked to: Supporting Your Child's Transition into the New School Year

The start of a new school year brings fresh opportunities, but it can also feel daunting for children. You can help by creating calm, predictable routines at home, regular bedtimes, a set place for school items, and time to talk about the day. Encourage your child to share their feelings, listening with patience and reassurance. Small gestures like a positive note in their lunchbox or a walk together after school can make a big difference.

Remember, your wellbeing matters too: a calm, supported parent helps children feel safe and confident as they adjust to new challenges and experiences.



Gratitude or Reflection Prompt

Transitions can feel busy and uncertain, but making space for small moments of reflection helps children feel grounded. This week, try a simple activity with your child: ask them to name one thing they're grateful for about their new school year so far, perhaps a new friend, a favourite subject, or even a fun moment at playtime. Share your own gratitude too, whether it's seeing them grow in confidence or settling into routines.

This habit not only strengthens family connection but also helps children notice positives, easing their transition and building a hopeful outlook for the year ahead.



"Useful Website!" - click here

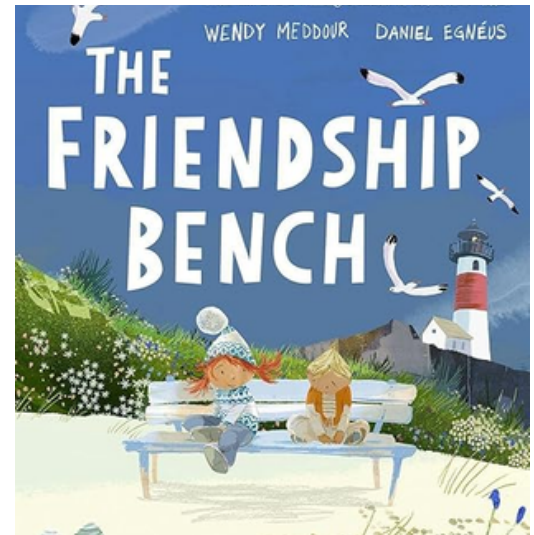
Whether a child or young person is starting primary school, secondary school, further education, changing schools, or leaving school for university or work, this transition period needs to be carefully managed. If a child struggles with a transition it can have a negative impact on their wellbeing and academic achievement.

During any transition period, it's important that children and young people are able to talk about their concerns and are supported to cope with any readjustments.

"Useful Podcast of month!" - click here



School transitions, how to smooth the road
In this episode, I'm exploring why transitions can be hard and how we can make them easier. Whether it's moving schools, classes or starting secondary schools, this one...



"Book of the month!" - click here

Tilly has just moved to a new house, by the splash and curl of the sea. She loves doing cartwheels in the sand and playing catch with Mummy and Shadow the dog. But when it is time to start her new school, Shadow and Mummy must stay outside. And inside is full of strangers.



★ *"Every new school year is a journey—when children know their parents walk beside them with encouragement and calm, they step forward with greater confidence and joy."*

