



Transition for Children with Additional Needs

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Concerns

What are your concerns?



What school offers



Teacher meetings to exchange information

SENCO meetings to exchange information

File exchange to pass on information

Visits

Timetable and maps

Extra visits

Question and answer sessions

Visual supports like timetables

Social stories around change can be written

Photo books can be created

Making choices



Open days/evenings – Autumn term

1:1 visits – can be arranged before

Contact the office for more information

The SENCo at secondary school will be able to offer more information

Look on the secondary school's website for more information

Making choices



Look at what the basic offer is

Consider what your child needs in addition

Ask for what you think they might need

Listen to Concerns



The best way to reassure someone about any transition is to first listen to their concerns and acknowledge that their feelings are valid.

Provide reassurance that whatever they are feeling is OK. As adults, we often want to rush in and fix problems or help to logically explain away the concerns.

Focus on the feelings and emotions rather than on practicalities at this stage. Some fear or concern about change is normal and it is this degree of concern that helps us to make plans to ensure our safety.

Responses to worries



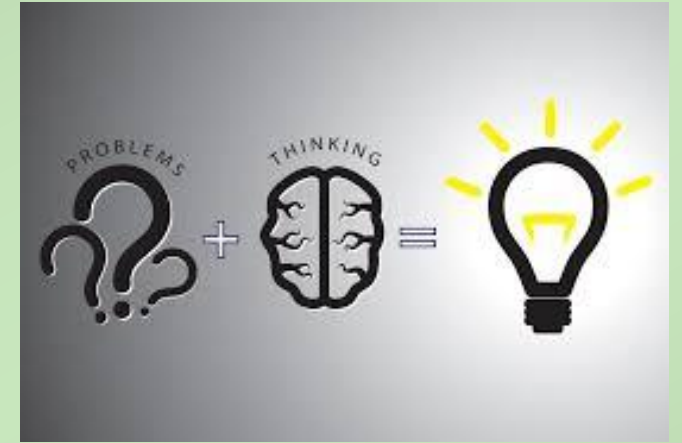
As parents we want to fix things. Try not to do this.

Instead of saying, "You're too young to worry about that" , try "I can see how that would make you feel worried."

Instead of, "You don't need to feel sad" , try "It's understandable that this would make you feel sad."

Instead of, "Just forget about it" , try asking them what their feelings are about it.

Involve your Child



A PROBLEM-SOLVING APPROACH

Once your child has told you about their feelings they can be encouraged to focus on what they can do to manage.

Particularly with older children, a problem-solving approach can be helpful.

Encourage them to generate a range of possible solutions to the problems they raise. Then help them to select the ones that they think will work best for them.

Focus on the positives



Encourage your child to talk about the things they are looking forward to.

If they can't think of anything, ask them to have a think and you will speak again later. Ask them to think of just one thing. You could also suggest some things for them to choose from.

Share Information



Provide as much information as possible.

Emphasising what will be the same will be reassuring to your child.

Remember to use the tools provided by the new school or class.

Ask for more



More information can be asked for especially if your child has a question that hasn't been answered.

Social stories can be written by school to help – please ask for what you now your child needs.















Ask for extra visits.

Routine

Go over new routines

Use the tools given e.g. timetables


Practise new routines like routes to school

| School timetable | | | | | Name: Kim | |
|------------------|--|--|--|--|---|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
| 9.00 - 10.30 | English  | maths  | history  | English  | science  | |
| Break | | | | | | |
| 11.00 - 12.30 | maths  | IT  | science  | maths  | English  | |
| Lunch time | | | | | | |
| 1.30 - 3.00 | geography  | music  | PE  | drama  | art  | |
| After school | football  | | piano  | | swimming  | |


Educational Psychology


If your child is particularly anxious and you have already sought all the help possible from school.


https://westsussex.local-offer.org/information_pages/608-resources-and-advice-for-supporting-home-learning



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 Phone consultation sessions

 Telephone Consultation

The Educational Psychology service offers the opportunity for schools and parents to book a 30-minute telephone consultation slot with an Educational Psychologist.

Further Resources

- <https://sussexcamhs.nhs.uk/help-support/young-people/anxiety-yp/>
- <http://www.oswaldroad.co.uk/wp-content/uploads/2020/07/7waysanxiety.pdf>
- <https://www.annafreud.org>
- <https://youngminds.org.ukhttps://www.familylives.org.uk/advice/your-family/family-life/back-to-school-transition-after-lockdown/>

If you have any questions please contact your child's class teacher.

