



# Be you

# Be Ready

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BONJOUR مرحبا OLÁ



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## In This Issue:

- **Helping Your Child Settle into a New School or Class**
- **Supporting Your Child with Transitions into a New School or Class**
- **Resources for Parents and Carers to Support Transition to a New School or Class**

## Helping Your Child Settle into a New School or Class

Starting a new school or class is a big step in your child's journey—and it's completely normal for them (and you!) to feel a mix of emotions. Whether it's the move to secondary school, a new town, or simply a fresh start, transitions can bring excitement, uncertainty, and plenty of questions.

Your support during this time can make all the difference. From establishing routines and preparing for the first day, to listening, encouraging and simply being present—these small things can help your child feel more confident and settled.

In this issue, we're sharing helpful tips and thoughtful advice to support your child through this important transition. However they're feeling, just knowing you're there can offer huge reassurance.

And as always, be kind to yourself too. Change isn't just something children go through—it's something families experience together.



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## Supporting Your Child with Transitions into a New School or Class

Starting a new school or class is an exciting opportunity for your child to grow, learn, and make new memories! While transitions can bring up a mix of emotions, this is a wonderful chance for them to discover new things and expand their horizons. Whether it's their first time at a new school or they're transferring to a new class, your support plays a key role in helping them feel confident, comfortable, and ready for the adventure ahead. Here are some helpful tips to make this transition smoother and more enjoyable for both of you!

### Talk About Their Feelings

It's totally normal to feel a little nervous or unsure when starting anything new. Take some time to talk with your child and ask how they're feeling. Are they excited, scared, or worried? Let them know that it's okay to feel a little anxious. Starting something new can bring up all kinds of emotions, and that's perfectly normal. Let them know you understand, and remind them that these feelings will get easier over time.



### Encourage Positive Thinking

Help your child stay excited about the new school or class by focusing on all the fun and interesting things they'll experience. Maybe they'll make new friends, try out new subjects, or get involved in different activities. Remind them of all the awesome things they're good at and how they've handled challenges before. Encourage them to see this new chapter as a chance to grow, learn, and discover even more about themselves!

### Establish a Routine

Having a regular routine can help your child feel more secure and prepared for each day. Set up a schedule for wake-up times, meals, and bedtime. Sticking to a routine, especially in the first few weeks, can make the transition smoother and help your child feel more in control as they adjust to their new school. It's a great way to bring a sense of comfort and stability during this exciting change!



### Be Patient and Supportive

Remember, transitions take time, and it's okay if your child needs a few weeks or even months to fully adjust. Be patient, and offer plenty of encouragement along the way. If you notice your child is having trouble with something, talk to them about it and work together to find ways to make it easier. Changing schools or classes might be challenging, but it's also a chance for growth and exciting new experiences. With your support, your child will feel confident and ready to thrive in their new environment!



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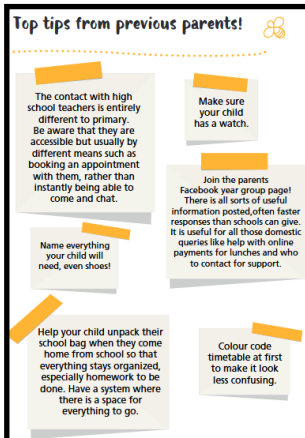
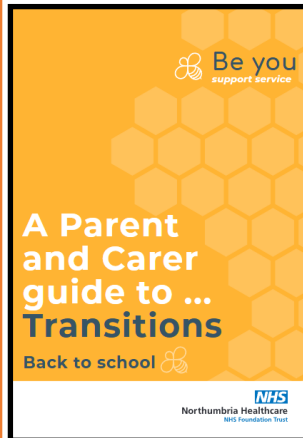


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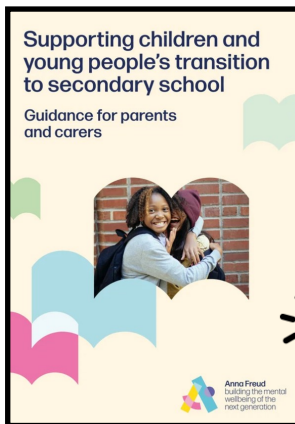
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## Be You: A Parent and Carer Guide to Transitions.

Be You have produced a self-help leaflet with some top tips on managing transition. Click the pictures to the left to access.



## Supporting Children and Young People's Transition to Secondary School.

The Anna Freud Centre have produced a guide for parents and carers on supporting transitions. It is filled with useful information and tips for managing transition.



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