



PREPARING FOR SECONDARY SCHOOL

Starting secondary school is a major step for children in the journey towards adulthood and independence. Depending on their temperament and prior experiences, children will have different feelings and thoughts about the transition but they all experience some level of anxiety about the change and the challenge ahead.

Parents can help their children prepare on a practical and an emotional level to leave the familiar environment and routine of primary school behind, and get off to the best start possible at secondary school.

This workshop covers the following topics:



BUILDING CONFIDENCE & COMPETENCE

We discuss how to strengthen children's confidence by using evidence-based praise to highlight their abilities and qualities so they believe in themselves. This is particularly important during periods of change, and as children head towards adolescence when there is a well-documented decline in self-esteem.



HANDLING EMOTIONS & WORRIES

We explore how parents can help their children manage the array of different (and even conflicting) feelings about the move, so these feelings are not suppressed or released in negative behaviour but can be expressed appropriately.



PREPARING FOR CHANGE & CHALLENGE

We share practical training tools to help parents prepare their children for the new routine, environment, culture and social aspects at secondary school. Just like adults, children do their best when they have an understanding of what lies ahead, and have a chance to discuss and practice what they will be required to do.