



# Mental Health in Schools Team Tips For Wellness



## Tips for helping your child to manage change

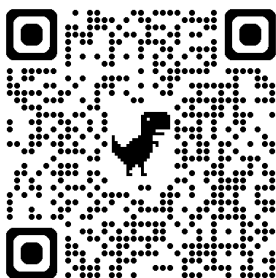
Change is a normal part of life that we all experience. For our young people changes may include moving house, experiencing loss, moving into a new school year, or transitioning to a new school.

The experience of change can feel different for everyone, some changes may feel exciting while others may cause worry and anxious feelings to develop. This can be due to the feeling of uncertainty and elements of the change maybe being out of our control.

### Our top tips:

1. Managing routines – This can be helpful to reduce some feelings of uncertainty and provide comfort/stability during these times.
2. Acknowledge your young persons' emotions and make space to talk these through. Focus on what can be controlled about the situation and what parts have gone well.
3. Set goals – Having something to focus on during a period of transition and focusing on achievements towards this, no matter how big or small, can be helpful in building confidence.

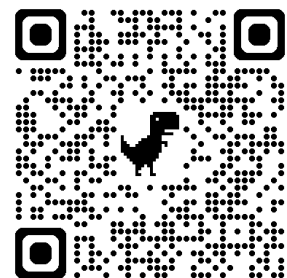
#### Top ten tips for parents:



#### A guide to managing transitions:



#### A video on managing the transition to Secondary School:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! [thankskids@covworkpt.nhs.uk](mailto:thankskids@covworkpt.nhs.uk).

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.