

How to support a child with

TRANSITIONS & EXAMS

Useful Apps:

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.



HappiMe



SuperBetter



What's Up?



Fabulous - Daily
Routine Planner



Stop, Breathe and
Think Kids



WHAT DOES IT LOOK LIKE?

Transition is the movement, passage or change from one position, state, stage, subject or concept to another.

Transitions often lead to tests and exams to see how the child is learning before they move to the next phase of education.

Changes can be gradual or sudden, and last for differing periods of time. For some children and young people times of transition and change can be particularly difficult.

Mental health and wellbeing cards

<https://hampshirecamhs.nhs.uk>

WHAT DOES IT LOOK LIKE?

Children may experience the following;

- Experiencing separation anxiety from a parent / carer.
- Asking lots of questions repeatedly even when answers have been provided.
- Seeking reassurance (verbal and physical).
- Regression in behaviour (e.g. wetting/ waking up in the night, taking with a baby voice).
- Reluctance or refusal to go to school.
- Becoming distressed or agitated when confronted with the change.
- Episodes of panicking such as getting distressed, racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy or faint.
- Demanding things be done in certain ways or requesting others to do things for them.
- Families might also find themselves struggling to do things as they normally would to accommodate how the young person is feeling or responding.

WHEN SHOULD I BE CONCERNED?

It is common for young people to lack confidence from time to time as they develop through childhood and adolescence.

When to be concerned;

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low.
- If episodes are more frequent or prolonged and cause the young person distress.
- If it impacts on their ability to cope with everyday life such as going to school, seeing friends or taking part in leisure activities.

WHAT CAN I DO TO SUPPORT MY CHILD?

- Be prepared so the child has everything ready for school.
- Ask for the timetable and a map of the school so you know what time and where your child needs to be.
- Let your child's school or college know how much they are struggling so they can offer help, support and advice.
- Make a list of questions you and your child want to ask the new school.
- Arrange additional visits to the new school and meet those adults who will hopefully become trusted people your child can talk to.
- Go and look at the school start/end of day prior to starting. When attending arrange to meet friends at the school gate.
- Find out if there is a 'safe place' your child can go if they are feeling worried or overwhelmed
- During the last week of the school holidays get them to wake up earlier so it does not come as a shock when they start school
- Normalise the physical sensations of anxiety, reassuring the child and support in understanding their triggers and finding suitable ways to regulate/ self soothe.