



Parent Pages

June 2026

Welcome back to the latest edition of **Parent Pages**, this edition 'Stepping Forward' is about supporting your child with their transition into their next school year. Whether that's moving from Infants to Juniors, Juniors to Secondary, or staying put and moving up a year, some children can struggle with change and moving up to the next school year can present challenges. Remember anxiety (fear of the unknown) is a very normal (and useful!) feeling for our children (and us!) to experience. Children often take emotional cues from the adults around them, therefore how you feel and support your child through this can determine their level of resilience and how they cope with the change.

Below are some hints and tips how to support your child in moving forward with their school journey. You don't need to wait until July or August to start talking to your child about their next school year, I can guarantee you they are already thinking about it and the earlier they can discuss their excitement and worries, the earlier they can address them and start to feel more comfortable in the year to come.

If you feel you may need further support with this, or any other parenting topic, please do not hesitate to contact me using the details below.

Katie Kirby,
Family Support Worker



Parent Focus - Stepping Forward



As another school year comes to an end, we begin thinking about the exciting journey into new year groups. Transition is an important time of change and growth, and while many children feel excited, others may feel a little uncertain and apprehensive about what lies ahead. Moving into a new year group is an exciting milestone but it can also bring a mixture of emotions, such as worry and uncertainty. As parents, there are many simple ways you can help your child feel calm, confident, and ready for the changes ahead.

- ⇒ Keep talk about school **positive** and involve them - Get them to pick out new stationary, water bottle and bag. This will help build excitement and confidence.
- ⇒ **Ask** questions - "What are you most looking forward to?" or "What would help you to feel ready?" If you find your child shuts down and will not engage, you could try using "I wonder" statements, such as "I wonder if you might be feeling a bit worried?" Reassure your child that feeling worried is normal before you start something new.
- ⇒ **Practice** independence - Encourage your child to pack their own bag, organise their belongings and reassure them it is ok to ask for help if they're not sure. This will help them to feel capable and prepared for the year ahead.
- ⇒ **Read** books about change and transition, this will give them an opportunity to discuss their fears and worries. For example, 'Moving up, how to ace secondary school' by Christian Foley, 'Zak Monroe is (not) my friend' by Simon Packham and 'Wands away!' by Emma Farrarons.
- ⇒ Build **confidence** through **praise** - Particularly when they have shown resilience, independence or tried something new. Positive encouragement will help to build their self esteem and self belief.
- ⇒ Encourage friendships old and new - Arrange playdates and keep in touch with friends over the holidays.
- ⇒ If they're changing schools; talk openly about leaving their current school and how this might feel. How do they want to say a proper 'goodbye'? You could make a **book of memories** of the school they are leaving, and (if possible) suggest they keep in touch with their friends.
- ⇒ Get familiar - If you will be doing a different school run, **practice** how you will get there and how long it takes. Visit the website (or google images) to view the buildings and familiarise them with staff names. Your child will attend transition sessions to help with this, and if they are moving from Westfields Infants to Westfields Juniors, they have already visited the junior school many times throughout the years to support being acquainted with the building and some of the staff.

Every child experiences life (and therefore transition) differently, some will settle quickly whilst others may take more time to be comfortable with new routines and expectations. The best ways to help your child through this is to be patient, listen and encourage them. Our children look to us for **guidance and reassurance**, so we must do our best to provide this and put our own worries aside.

For more information about transition and change click [here](#) for 'Transition and times of change' from Young Minds. If you would like more information on starting at secondary school click [here](#) for 'Supporting children and young people's transition to secondary school' from Anna Freud. For 'My Leavers Year book' for Infants to Juniors transition support click [here](#).

Mrs Katie Kirby - Family Support Worker

email: fsw@westfieldsfederation.org.uk

Tel: 01252 408218

Local events and places to visit...

In addition to these there are other events so it is also certainly worth googling to find some further ideas but to get you started why not consider the below, click the images or links for more information.



Quick reference family support & helplines....

Useful websites...

If you find yourself needing support click the links below for information you may find useful:

- ⇒ Bayo.uk 
- ⇒ Togetherness.co.uk/moving-up 
- ⇒ Healthwell.eani.org.uk  

Helpline... Young Minds

Over the phone, we can provide detailed information and advice about your child or young person's mental health. We can also offer you emotional support and direct you to other services that may be able to help. Our phone service is confidential.

You can call our Parents Helpline for free on 0808 802 5544. We're open 9.30am - 4pm on Mondays, Thursdays and Fridays, and 9.30am - 6pm on Tuesdays and Wednesdays.

Alternatively, visit the website: [Young Minds](http://YoungMinds) and visit the online chat.

Podcast Recommendation of the Month...

MyHappymind Conversations

Click [here](#) for Spotify



Click [here](#) for Apple Podcasts

myHappymind Conversations brings you the latest science and research around all things self-esteem, resilience and mental wellness in kids. With a healthy dose of humor and a highly practical style Laura Earnshaw, Founder of myHappymind will entertain and educate you.

If you have any suggestions for topics or content for these pages in the future, please do not hesitate to drop me an email and I will do my best to include requests...