

# Parenting Tips: Help Your Child Prepare for High School

It can be daunting for both you and your child when your child moves from primary school to secondary school. Below are some tips to help you support your child and navigate the transition successfully.



## Work through mixed feelings

- Talk with your child about what they're most looking forward to and what they're worried about. Pay attention when your child shares their feelings and worries about secondary school.
- Reassure your child that it's natural to worry about going to secondary school.
- Encourage your child to focus on the positives of going to secondary school. For example, you could highlight the new extracurricular activities your child will have access to.
- Talk with your child about keeping in touch with old friends and making new friends.
- Share your own high school experiences or the experiences of friends and family.

## Travelling to school by themselves

- Do some trial runs of the journey to school. Build up your child's level of independence gradually.
- Ask your child to text you when they arrive at school safely, if possible.

- Consider downloading a location app, which allows you to track where your child is on their journey to-and-from school.
- Arrange for them to travel with a friend and allow plenty of time for their commute.
- Keep emergency phone numbers in their bag, in case they lose their phone and need to contact you.

## Getting organised

- Use coloured folders to keep the work for each subject together.
- Ensure your child pack's their bag the night before.
- Encourage them to make lists and check off what they need against their timetable.
- Teach them how to put reminders on their phone for anything extra to remember.
- Buy a keyring with a stretchy chain to attach to their bag, to avoid lost locker/door keys.
- Make sure there is a secure pocket for bus pass/canteen pass, emergency coins in their school bag.

## Getting homework done

- Get your child to mark their planner with the deadlines for each subjects' homework.
- Teach them how to create a to-do list of the pieces of homework needing completion.
- If signing their homework planner, talk through what needs doing and how they will organise their time.
- Get into a routine for getting homework done and make sure your child has a suitable space to work in. A quiet, shared area can help you to ensure they are not getting distracted!

## Building confidence and making friends

- Remind your child that everyone is in the same boat when they start high school. Talk to them about ways to start a conversation if they find this difficult.
- Remind them that good friendships take time to develop and not to panic if they don't make friends immediately.
- Encourage them to join clubs and become involved in school life. This can be a good way to make friends with pupils in other forms and year groups.

## Concerns

If you have concerns and your child does not seem settled by half term, contact your child's form tutor. The tutor should know their form well by then and will have picked up on specific problems or may be able to give some suggestions.

Parent Power Education is here to support you with your parenting needs. Do contact us for information about our services at: [parenting@parentpower-ed.co.uk](mailto:parenting@parentpower-ed.co.uk) or follow us on Instagram and Facebook @parentpoweruk.