



Positivity Empowerment Awareness

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## Useful websites for parents/carers

**Information & resources to support your child's emotional wellbeing as they prepare for September – moving class or starting primary or secondary school**



<https://www.bbc.co.uk/bitesize/collections/starting-primaryschool/1>

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>



<https://www.pacey.org.uk/parents/toolkit/>



Improving children's  
mental health

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-primary-school/>

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>



<https://www.familylives.org.uk/advice/primary/learning-school/starting-primary-school>



<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>