

WIRRAL MHST

Parent & Career Transition Newsletter



Welcome to the MHST special edition parenting newsletter focusing on your child's transition from primary school to secondary school. Here you will find some useful tips and links, to advise and help you as parents make this transition as smooth as possible for your child/young person. Most children adapt to secondary school well. However, if your child struggles with the changes, it can be stressful not only to them, but for you as parents and carers, too. It's important to take this into account as you help your child prepare for secondary school.

Some children will respond well to change, and will feel ready for the move, while others will need more reassurance and preparation. Sometimes children who have enjoyed primary school and are expected to make a smooth transition may unexpectedly struggle with the change. It's important to realise all these feelings are normal.

If you would like to share your feedback with us, please scan the QR code above and select our service, MHST Wirral. Your feedback is really appreciated as it helps us improve our service for other children, young people, and families that we support. The feedback we capture will be anonymous

Useful Tips and Links

- Put yourself in your child's shoes and think of what they are about to experience
- Making friends can take time, so don't worry if your child hasn't settled into a friendship group immediately
- Give them time and a place to hang out with friends when they want to
- All concerns are normal and will pass in time
- Parents/Carers can also speak to their secondary schools to see what they have planned to support transition? E.g summer schools etc

Please click the links below for more information

[Through the eyes of a child](#)

[Practically preparing your child](#)



What is MHST doing to support transition?

As a team MHST are offering support with transition in your child/young persons primary schools, this includes workshops for year 6 exploring transition to high school, workshops and coffee mornings for parents which may help to answer any questions you may have. MHST will be present in High Schools on Wednesday 3rd July for transition day. We will also be supporting high schools in their summer schools throughout the summer holidays as well as being present for the first day of High School in September.