

Information for Scotland's parents and carers to support their child's health and wellbeing during key transitions

Parentzone Scotland provides information for parents and carers on:

- What are transitions?
- Planning for transitions
- From home to early learning and childcare
- Starting school
- Changing school
- Leaving School

Parenting Across Scotland has published top ten tips for starting primary school. This gives parents and carers practical advice on what they can do to support their child during this key transition.

Having a supportive and trusted adult is key to how well a child is connected, feels self-confident and can cope with problems. This supportive and trusted adult can be a parent, grandparent, youth worker, sports coach or teacher. The short film '**One Good Adult**' shares the benefits of having a supportive and trusted adult and encourages young people to think about who theirs might be.

Young Minds provides parents with '**top ten tips**' to support your child who is transitioning from P7 to S1 or going through a significant change in their lives such as experiences related to COVID-19.

Getting it Right for Every Child (GIRFEC) is Scotland's national approach to improving outcomes and supporting the wellbeing of our children. At home, in school or the wider community, every child and young person should be: Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included. These factors are known as wellbeing indicators and help make it easier for children and families and the people working with them to discuss how a child is doing at a point in time and if there is a need for support such as during key transitions. Scottish Government have produced a '**Understanding Wellbeing**' leaflet that parents and carers can access for further information on this.

A toolkit of **free resources and tips**, from Mentally Healthy Schools for primary teachers, school staff, parents and carers, to help address anxiety arising from COVID-19. In this toolkit you will find: videos to provide practical guidance and tips for parents and carers on mental health, as well as activities that can be done at home or at school when they return.

The Children's Society have produced a guide for parents and carers on '**How To Support Your Child's Wellbeing**' and gives practical examples of how this can be built into day to day conversations with your child to build resilience.

The Scottish Transitions Forum provides details, resources and helpline numbers for parents and carers of children and young people aged 14-25 who need additional support around transitions. They have developed a 'Parent and Carer network' and have provided a downloadable document '**Transitions planning and COVID-19 – What happens now?**' Which gives parents and carers key things to consider.

The Scottish Early Childhood, Children and Families Transitions Position Statement provides an overview for parents and carers of 6 nurture principles and how family experiences can support these during key transitions.

'It's just not your child that you have to look after!'

Parenting is a demanding job and parenting during a worldwide pandemic takes a lot of physical and emotional energy. It can be easy to lose sight of the importance of looking after yourself. **Parentclub Scotland** offers useful links and tips for parents around COVID-19, and managing your own stresses and worries. Support is also offered on transitions and health and wellbeing via free resources that you can use at home with your child.

BBC Bitesize have developed interactive videos and games for children transitioning to primary and secondary school. Resources are also available for parent and carers regarding '**planning for transitions when schools are closed**'.