



Top Ten Tips for Terrific Transitions! Checklist:

1. Be connected to your child – spend time having conversations with them about High School. Ask them to talk about or draw their worries. ☐
2. Actively listen to them without interrupting. ☐
3. Try to understand their feelings from their point of view and where they are with the transition. ☐
4. Tell them that it is okay to feel nervous, worried, excited. Change is a normal part of life and it can bring about these powerful emotions. ☐
5. Ensure that they know that you are there for them and you understand what they are going through. ☐
6. Discuss with them when and where they can seek help – come to you, Pastoral teacher, trusted adult. ☐
7. Nurture your child by improving their executive functioning – having clear routines, boundaries and expectations, having enough time to allow for change, practice new routines. ☐
8. Build up their confidence by building upon success, no matter how small. ☐
9. Encourage a 'Growth Mindset' and encourage them to 'Be brave!' and take a risk. ☐
10. Stay cool, calm and collected about it all – adult's reactions can fuel a child's. ☐

