

New Beginnings



A TIME OF CHANGE

Adolescence is an important phase of child development, marked by significant physical, emotional, and social changes. Recognising and understanding these changes can empower you to better connect with your teenager and provide the best support as they transition into adulthood. What can you do to support this important time of change?

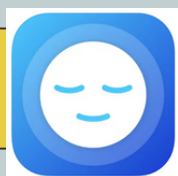
1. **Maintain good open communication and be ready to listen**
2. **Set reasonable boundaries and guide them whilst providing independence**
3. **Educate your teen about the physical, social and emotional change which are occurring**
4. **Be patient as they navigate the change and help them learn from their mistakes**
5. **Be a positive role model and demonstrate healthy coping strategies for managing stress and emotions**

Welcome back, parents!

As the new school year begins, your teenager might need some extra support following the summer break. Listen actively, offer a safe space for their concerns, and help establish a balanced routine. Your guidance makes a difference during this exciting yet challenging time.

However, if your teen is reluctant to get back into the school routine there are some hints and tips over the page.

Look after yourself too! You may feel relieved to have everyone back into a routine, but you might miss the chaos and company? Give yourself time to adjust.



MindShift CBT - Anxiety Relief

Hints and Tips for getting back into the school routine

Education is crucial for learning, friendships, key skills and preparing teenagers for their future. So, what can you do if your teenager is reluctant to go to school?

- develop or maintain a normal morning routine and keep focused on the steps of the routine, rather than the goal of 'getting to school'.
- stay as calm as possible and be consistent with your expectations and the reasons why.
- if they are anxious, reassure them that the feeling will pass and talk together about some strategies which will help manage the overwhelm.
- make sure they have time to relax outside of school hours and that you are there to talk before and after school should they need it.

- if they continue to be reluctant to attend, talk to a member of staff in school as soon as possible. This could be a pastoral member of staff, SENDCo or attendance lead.

Strategies for managing overwhelm in school. Talk together about what will work as we are all different.

- write down thoughts (journalling)
- deep slow breathing
- focus thinking on the positive and challenge the negative (our thoughts are not facts)
- encourage thinking which chunks the day into manageable times to help focus on the here and now, rather than worrying about 'the whole day'
- Plan in a lunchtime activity with friends, a sport, music or the library if available in school.

Book recommendation



'If you have kids transitioning from primary to secondary school, this book is for you (well, for your kids!) ... Helpful, funny and encouraging' - Sarah Turner AKA The Unmumsy Mum

The bestselling back to school handbook, from the nation's favourite head teacher, Mr Burton.

YOUNGmINDS
fighting for young people's mental health

Parents Helpline and Webchat >



what do we know about childhood anxiety and what can parents do about it?