



As the summer approaches, there are lots of changes in the air! Some of them feel like good, exciting changes, and others might feel more daunting. Some of us might be going away on a holiday and seeing somewhere new, others might be visiting somewhere familiar, or staying at home. The change in routine from term time to holiday time can be quite a challenge, as we balance work and family commitments, restless children and our unpredictable British weather!

And as we look to September, there are big transitions looming on the horizon, whether it's the move from primary to secondary school, from one class to another, a new teacher, or trying out school dinners instead of a packed lunch, changes can take a while to settle in. New shoes might feel too rigid and squeaky, the new jumper feels a bit itchy, the routine in the new class feels strange...

Change can be hard for your child – and it can be hard for you as a parent or carer. Some of you might be ready for a change and raring to go, and others might be less ready – it feels safe doing what we know, and change can feel scary.

As a parent or carer, it's important to acknowledge how you're feeling about change so that you are able to help your child through their times of change. If you're anxious about it, they are likely to pick that up from you and feel the same way. Here are our top tips to share with your child for times of change:

Communicate – tell people how you are feeling

Prepare – find out about the new thing you're moving to so you can get things ready

Have a go – when there are new things to try, give them a go – you might like it!

Remember the caterpillar – it was probably quite happy being a caterpillar. If someone had told it that it had to turn into a butterfly, it probably would have been worried, but once it became a butterfly and had wings, it could do new things it couldn't even imagine doing before!

From Gemma, Jorge and Tracey (Wellbeing in Mind Team)