

# Starting high school



## TOP TEN TIPS

for parents and families

# Starting high school

Being a parent is not easy.

When your child moves from primary to high school it can be an anxious time for both of you. Here are some **TIPS** which you may find helpful.

Remember you are not alone, contact details of our partners' helplines are at the end of this booklet.

## Visiting the new school

Always visit the new school that you have chosen before your child



starts. Most high schools have special evenings where new parents and

children can visit,

look around and talk to teachers.

Even though your child will not remember where everything is at least the journey and buildings will be more familiar on their first day.

## **Their first day**

Appreciate that your child will be going from being the eldest to being the youngest in the school, this can be daunting for children.

Children will want to be more independent and will want to get to school by



themselves. Try to arrange for your child to travel to school with a friend or older sibling to start with - they will soon make their own way.

## Talking and listening

Talk to your child about their new school, the teachers, friendships and the work.



They may have worries so try to encourage them to talk to you about how they are feeling.

You could tell them about your first day at high school.

## **Praise and encouragement**

When your child moves to high school you may feel that your role is diminishing. Parents remain just as important to their children especially during the tricky move to high school. Praise and encourage them, this will build their self esteem and enable them to feel more confident and secure in their new surroundings.



## Show interest

Let your child know that you are genuinely interested in what

he/she does at

school and at

home. Offer

support and

guidance with

school work

but be careful not

to pressurise them.



## Physical changes

Your child's body is changing. Some children change physically faster than others - this can be difficult for some children. Talk to your child about how



their bodies are changing and will change in the future.

Reassure them that it is normal and is all part of growing up.



## Give them space

We all need time for ourselves. Children should have their own space, time for themselves and the right not to tell their parents everything about their lives. Young teenagers can often change from being a talkative child to a moody adolescent.



## School activities

Find out about after school activities and encourage your child to become involved. Most schools have a great range of different after school activities. You can usually find out about what's going on through your child's school website. This is a good way for your child to discover new interests and make new friends.



## School contact

Regularly attend school parents' evenings and school meetings.



This shows your child and the school that you are interested in how things

are going. Do not hesitate to contact the teacher if you have any concerns about your child.

## Look after yourself

Parents today have a difficult job to do but parents don't need to be perfect. Make sure you look after yourself

and have people to talk to when you need to.

Try to spend some time thinking about your own life and priorities.



## Where to find help:

### Contact

**0808 808 3555**

Offers information, advice and support to parents and carers of children with any special need or disability.

**[www.contact.org.uk](http://www.contact.org.uk)**

### Enquire

**0345 123 2303**

Practical advice and information about education and additional support for learning in Scotland.

**[www.enquire.org.uk](http://www.enquire.org.uk)**

### Families Outside

**0800 254 0088**

Support and information helpline offers help and support to prisoners' families.

**[www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)**

## **Lone Parent Helpline**

**0808 801 0323**

The Lone Parent Helpline provides support and advice on anything from dealing with a break-up, moving into work or sorting out maintenance, benefit or tax credit issues.

**[www.opfs.org.uk](http://www.opfs.org.uk)**

## **Parenting across Scotland**

You can access free parent resources, support networks and parent helplines on a range of topics.

**[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)**

## **ParentLine Scotland**

**0800 028 2233**

For any parent or carer in Scotland who needs information, support or guidance or simply someone to talk to.

**[www.children1st.org.uk/help-for-families/parentline-scotland/](http://www.children1st.org.uk/help-for-families/parentline-scotland/)**

## **Scottish Families Affected by Alcohol and Drugs**

**08080 10 10 11**

Provides support and advice to anyone concerned about someone else's alcohol or drug use.

**[www.sfad.org.uk](http://www.sfad.org.uk)**

## **Sleep Scotland**

**0800 138 6565**

Sleep Scotland's free sleep support line provides on-the-spot guidance to parents and guardians struggling with their children's and teenagers' sleep problems.

**[www.sleepscotland.org](http://www.sleepscotland.org)**

## **Young Minds**

**0808 802 5544 parents' helpline**

Information on child and adolescent mental health. Services for parents and professionals.

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**



# parenting across scotland

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## Outside the Box

0141 4190451

3.10 The Whisky Bond

2 Dawson Road

Glasgow G4 9SS

[www.otbds.org](http://www.otbds.org)

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