



Shoreditch Park
Primary School



Welcome to Shoreditch Park Primary School Coffee Mornings

**Supporting Your Child with the Transition to
Primary School**

Introductions: Zoe Tweedale



- I'm a clinical psychologist at First Steps
- Here as part of the Wellbeing and Mental Health in Schools (WAMHS) Project.
 - Aims to improve relationships between schools and CAMHS to support children and families' wellbeing
- Provide coffee mornings for parents on areas you'd like to know more about
- Some capacity to offer one-off parent consultations, if you have concerns about your child's wellbeing or behaviour, or have concerns about your own wellbeing

Meet the EYFS team



Shoreditch Park
Primary School



Ms Cozzella-Carvelheira



Amber Harley



Amelia Stehrenberger



Ms MacKinnon



Ms Downer



Ms G Donkor



Mrs T Mustafa



Ms Johnson



Miss A Biney



Deborah Ashley

How have you felt dropping your child at school?

Hopeful

Anxious

Proud

Nervous

Apprehensive

Relieved

Excited

Concerned

Happy

Sad

Frustrated

Unsettled

Looking after yourself: Why?

- The move to primary school is a big change for your child
- Children respond to change in different ways, but they will need your support
- A key aspect of support will be containment
 - Being able to acknowledge and accept someone's distress and make the experience feel safe for them by offering a way to understand and tolerate the feelings



Over time, when the child experiences this on *most* occasions (it does not need to be all of the time) they acquire the capacity, through developing neural networks, to regulate their own emotions.

Looking after yourself: Why?

Our ability to contain our child's emotions and experiences is affected by our own stress levels and feeling contained ourselves.



Looking after yourself: How?

What do you do to empty your capacity cup?

- Joining us today – have a tea/coffee; have some biscuits
- Talk to friends, family about how you've been feeling
- Do something meaningful to you
- Speak to a member of EYFS team about school related concerns



Starting Primary School: How might your child be feeling?

Hopeful

Scared

Anxious

Confused

Proud

Nervous

Apprehensive

Relieved

Excited

Concerned

Happy

Sad

Frustrated

Unsettled

Behaviour as Communication



What your child feels may not be what they show you

Supporting your Child

- Emotional containment in the moment
 - Get down on their level
 - Name the emotion you're seeing e.g. "you look really cross right now"
 - Stay with them and stay calm
 - Verbal or physical support – cuddle; hand on arm; "I'm here and I'll stay nearby"
- If you see a change in your child's behaviour take time to step back and think about what might be going on for your child? What are they trying to communicate to you?
- What can you do to support your child with the aspect of the transition they are struggling with?
 - Acknowledge the difficulty/distress
 - Problem solve – earlier bedtime, snack at the school gate, liaise with member of EYFS team, make adaptations around control or support for child at home
 - Provide encouragement and show belief in your child's ability



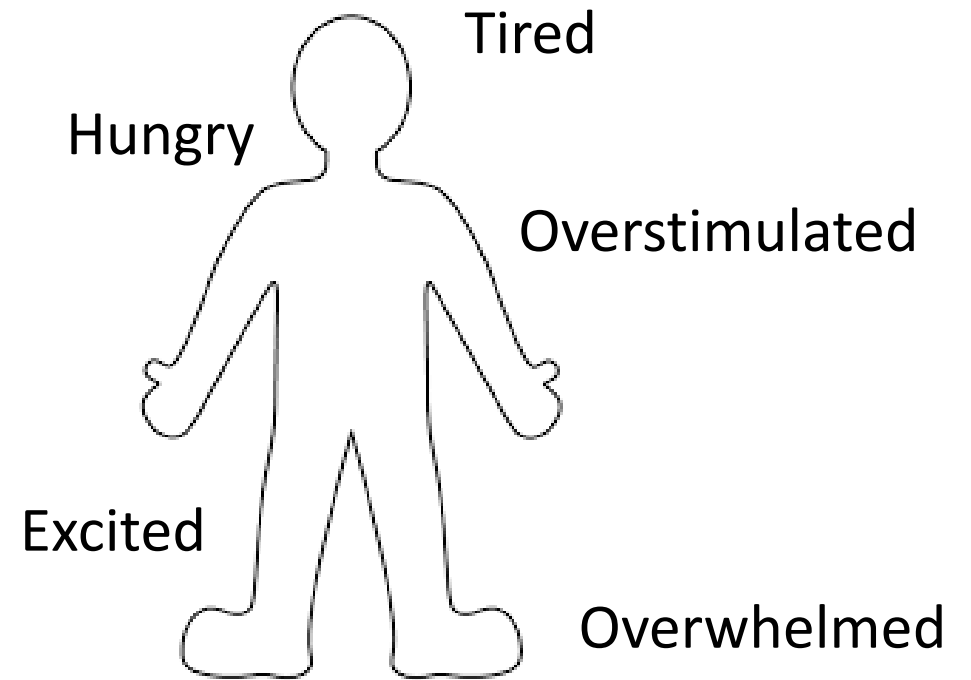
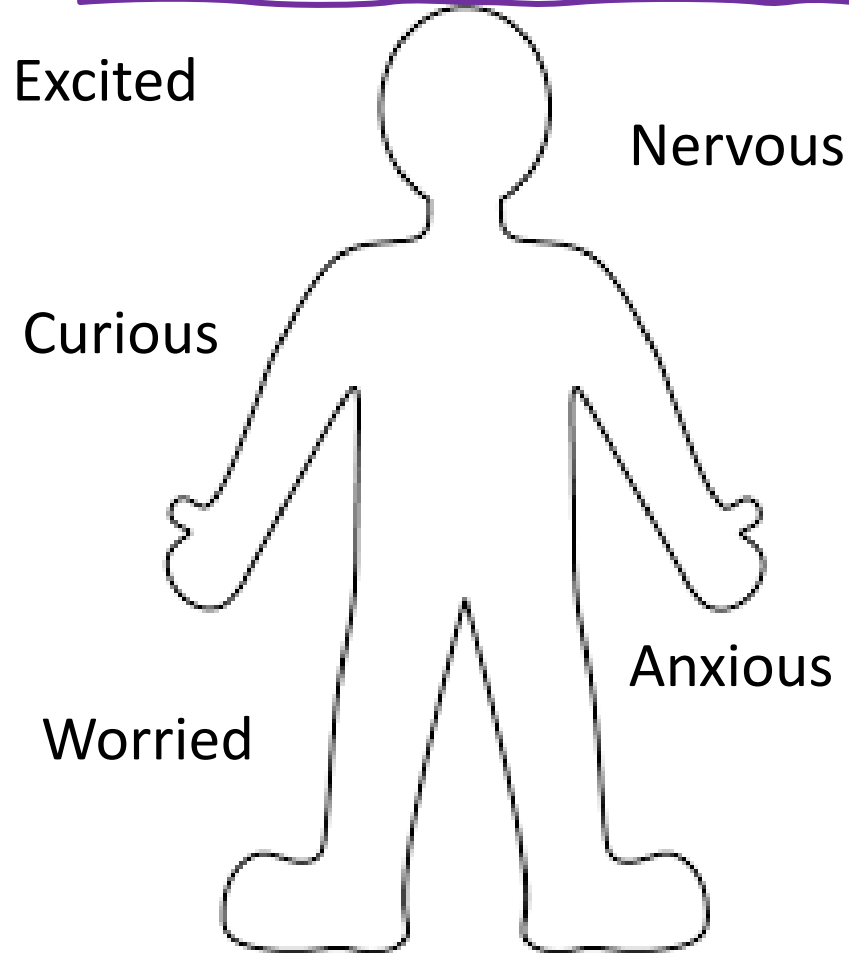
The Settling in Process

- Process looks different for different children
- Can take around 8 weeks for a child to settle in a new setting
- Can ebb and flow

So...

- Try not to compare your child to others
- Be aware that your child may have mixed feelings and the strongest feelings may change
- Focus on the positives, but allow space for doubts and concerns
- If you're concerned speak to a member of the EYFS Team

Finding out about your child's day



Finding out about your child's day

- Notice how your child is and what they need:
 - Name emotions you see
 - Give them what they may need (snacks, cuddles, trip to the playground to run about)
- Model talking about your day
 - What made you laugh? Surprised you? Reminded you of your child? What did you eat for lunch? What did you enjoy?
- Find the right time to talk
 - Immediately after school might not be the right time
 - Reconnection time: 15mins of 1:1 time at some point after school where you can do an activity or play together
 - When works for your child?

Do you have
any
Questions? 😊

One thing you will take away from today...