

# Transition and times of change

## Signs your child may be struggling with change

You know your child better than anybody else. It's important to act on the warning signs if you start to feel concerned.

- Look out for a change in things like sleeping or eating habits.
- Communicate with your child if you've seen these signs.
- Keep going, even if it feels like you're not getting through to them.
- Contact your GP or school about the warning signs if things don't improve.



## What to do if your child is finding change difficult

### Be part of the solution

As a parent, be part of the solution. There are a number of things you can do to support your child, whether that be helping them plan, problem-solve, or develop a sense of hope for the future.

- Get interested in what your child is doing.
- Open up conversations about what they're involved in.
- Keep an eye on pressure points.



### Be your child's anchor

- If your child is experiencing problems or going through significant change, it's important that you can be an anchor for them.
- Being an anchor will be reassuring if things are changing.
- Maintain hobbies and routines.
- Be a sense of hope by encouraging them.

## Pastoral Support at Ebbsfleet Academy

If you have any concerns regarding your child's mental health and or attendance to school, you can contact the Pastoral Team

**Mr Barnard - Attenborough KS3**  
[marc.barnard@ebbsfleetacademy.org.uk](mailto:marc.barnard@ebbsfleetacademy.org.uk)

**Ms Cummins - Attenborough KS4 & 5**  
[kirtsy.cummins@ebbsfleetacademy.org.uk](mailto:kirtsy.cummins@ebbsfleetacademy.org.uk)

**Ms Taylor - Seacole Key Stage 3**  
[karen.taylor@ebbsfleetacademy.org.uk](mailto:karen.taylor@ebbsfleetacademy.org.uk)

**Ms Assani - Seacole Key Stage 4 and 5**  
[vahini.assani@ebbsfleetacademy.org.uk](mailto:vahini.assani@ebbsfleetacademy.org.uk)

**Ms Standen - Attendance Manager**  
[attendance@ebbsfleetacademy.org.uk](mailto:attendance@ebbsfleetacademy.org.uk)

## Further support

### YoungMinds Parents Helpline

You can speak to them over webchat between 9.30am and 4pm from Monday-Friday. 0808 802 5544

### The Mix

Free 1-2-1 webchat service and telephone helpline available.  
Opening times: 4pm - 11pm, seven days a week. 0808 808 4994

### Tellmi

Formerly known as MeeToo. A free app for teenagers (11+) providing resources and a fully-moderated community where you can share your problems, get support and help other people too. Can be downloaded from Google Play or App Store.



## Choose health

**Know what affects your child, what makes them grumpy, hyper, disconnected...**



Do they need snacks throughout the day?

Do they need lots of sleep?

Do they need to get out and about and do exercise?

Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

## Be calm

**Try to stay calm whilst your child is feeling distressed.**

**Your child may show:**

- highs and lows
- meltdowns
- anger
- blame
- self-centredness



## Be wise

**As they discover new things, try to:**

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells



## Work together

**Share ideas about how to:**

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong



## Communicate

**The small things you do make all the difference:**

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

## Be the anchor

**In times of change you are:**

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



## Have fun

**Provide lots of light relief:**

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



## Look after yourself

**Support yourself, to best support your child:**

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



## Get learning

**Be involved, find out more and talk about:**

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



## Move on up

**Encourage independence:**

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

# Ten Ways for parents to help children cope with change

**YM** Parents Helpline

0808 802 5544

youngminds.org.uk

Mon-Fri 9.30am-4pm

**ASDA** foundation

Transforming Communities, Improving Lives

Find Your Feet  
youngminds  
stepping up, moving up, growing up