



SEND Coffee Morning
with
Mrs Drew (SENCO)

04.07.25

Transition

What is Transition?

- Transition refers to 'life changes' that children and go through e.g. starting school/moving to a new class/moving from primary to secondary school
- It's a situation that could create anxious thoughts for any child, and children with special educational needs and disabilities (SEND) often experience additional challenges
- These challenges can relate to:
 - **change**
 - **new – possibly unfamiliar – environments and routines**
 - **unpredictability**
 - **making new relationships and connections.**



What do we do to support SEND children at Rush Common?

- Move up booklets- sharing info and asking new teacher questions
- Detailed handover with next teacher including pupil profile targets, proven strategies, areas of difficulty
- Additional visits to new classes/ shared areas/toilet and cloakrooms
- Story swaps for children going from R to Y1
- ELSA sessions for some children (based on level of need)





Top Tips for Parents

- **Listen and empathise to worries but stay positive and help children prepare. Don't let your fears as a parent become their fears**

I know you are feeling worried ... remember when you ... something to look forward to is...

- Help them children be prepared – pe kit, uniform school bag
- Look at the move up booklet with your child at home
- Trying on school uniforms and having trial runs of the walk to school in the days leading up to the end of the holidays. Start getting into the routine you would be in if it were going to school, including going to bed and getting up at the times you would be during term time.
- **Be kind to yourself**

You are doing the best you can! Parenting is hard- we all learn from our mistakes

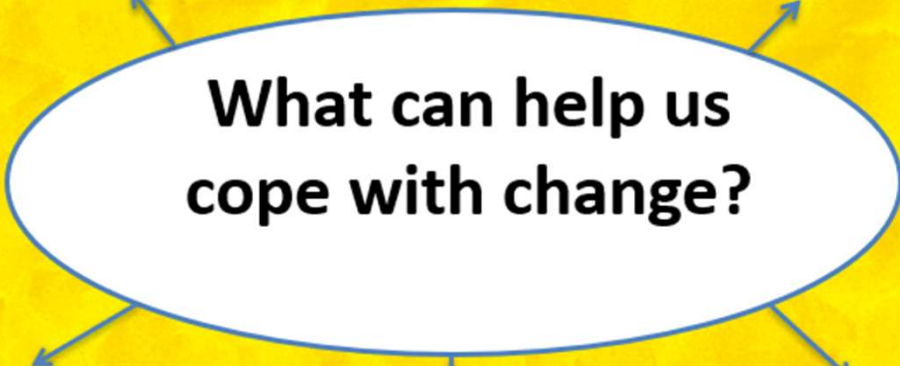




Understanding that things can't be rosy all the time. But if we are brave and resilient, we will get through the harder times.



Getting support from our teachers or parents and carers. It might help us feel better.



What can help us cope with change?

Remembering positive past experiences. Perhaps you can remember changing schools or teachers etc. before. It may have been scary to start with, but it all turned out okay.

Preparation. You may be more worried or nervous because you are unsure of what will happen. Try to find out as much as you can about the new situation and prepare yourself. This may help you feel calmer.

Talking to our friends. Friends may be having the same worries. They can help you to relax.



Thank you for listening

Standing in the gap is a local charity supporting children and families with early mental health and wellbeing. They are currently offering workshops around anxiety and anger for a small fee of £5 for the whole family. The workshops are for parents and children to attend together. They are also offering workshops on starting primary/ secondary school.

Please look around their website to see what they offer.

workshops- anxiety

<https://standinginthegap.uk/managing-anxiety-workshop>

Managing Anxiety Workshops — Standing in the Gap

workshops- anger

<https://standinginthegap.uk/managing-anger>

- Managing Anger — Standing in the Gap



Thank you for listening

Useful websites

- www.youngminds.org.uk
- [Recent Talks - Dr Pooky Knightsmith \(Autism\)](#)
- [Special Needs Jungle - News, info, resources & informed opinion about Special Educational Needs, disability, children's physical and mental health, rare disease. Campaigning to #FixSEND](#)





Ten Ways for parents to help children cope with change



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

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



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.

Be calm

Try to stay calm whilst your child is feeling distressed.

Your child may show:

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



Communicate

The small things you do make all the difference:

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

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



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



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



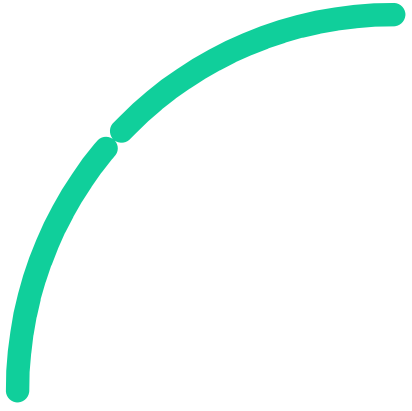
Look after yourself

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







Helpful tips to manage when your child is dysregulated/angry



Allow them to express their anger - acknowledge the anger and let them know they're allowed to feel angry at you or the situation... remember the goal is to help them either EFFECT CHANGE (problem-solve) or move from MAD to SAD, and we do that through support, empathy & validation

Model and guide healthy coping strategies - direct them to safe ways to deal with the emotion, such as saying how they feel and using calming tools (these should be explicitly & proactively taught prior)

Hold firm boundaries on unsafe behaviour - anger is OK to feel and express, but does NOT permit hurting ourselves or others. We have to be very clear, firm and consistent on that in order for everyone to be and feel safe. The emotion is OK to feel and will be tolerated; unsafe behaviour is NOT OK and will not be tolerated (take action to establish safety whenever necessary)

- "I can see you're feeling angry. I understand, it's normal to feel that way.
- Let's talk about it." "It's OK to feel angry, but no, I will NOT let you hit someone. You will need to take space until you are ready to feel mad and still be safe."
- "I can see you're feeling angry - do you want help or time? Ok, I'll come see if you're ready for help in 5 mins"
- "It makes sense that would make you angry... that feeling needs to come out. Here are 2 safe ways you can let it out - you choose. Then we will talk about the problem together"

How to help your child when they feel angry

Ways to Release and Manage **ANGER**

Sometimes people get angry - it happens to everyone. This poster has some great suggestions for ways to manage your anger. Try them out and see what works best for you.

Push The Wall

Find a space on a wall, put both hands flat on the wall and push as hard as you can.

Breathe as you go, stop pushing as you breathe in and push as you breathe out. See if you can move the wall!



Squeeze

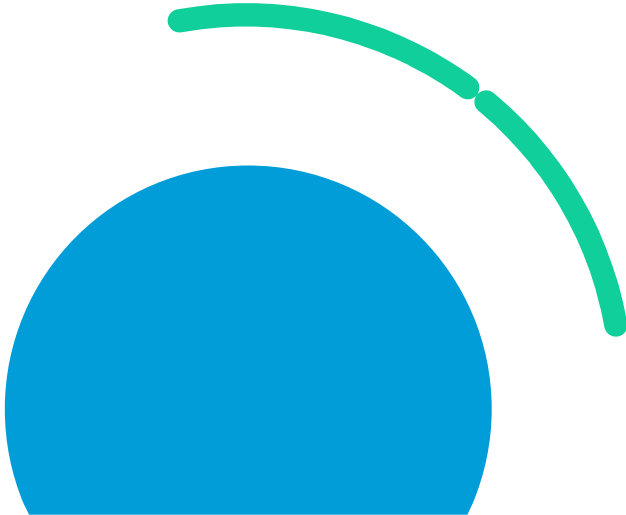
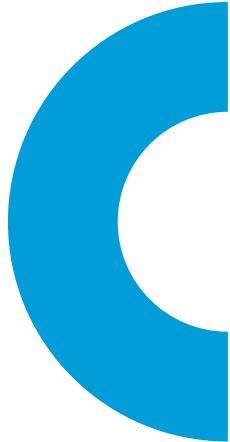
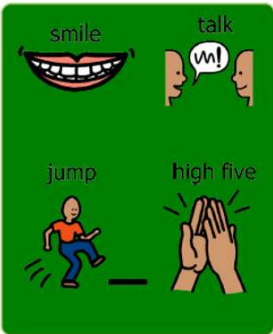
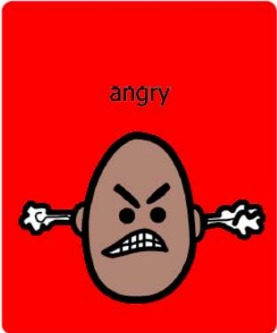
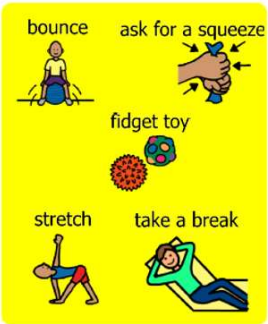
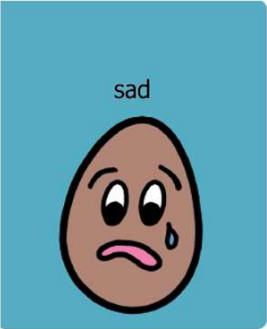
Grab some modelling dough, a stress toy or even a soft teddy and breathe in. As you breathe out, squeeze as hard as you can. Keep going as long as you need to. Don't worry your teddy will understand!



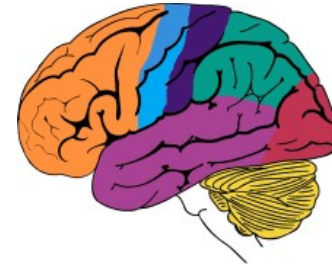
Play Some Music

Put on some music and dance it out. Dance in any way you want - ballet, jazz, tango - whatever feels right for you. Sing along to your favourite track as loud as you can. Sometimes you just need some time to yourself to sing away the tension.

What to do when you feel....



Children's Brain Development



- Children's brains have a massive growth spurt when they're very young. By the time they're six, their brains are already about 90-95% of adult size. The early years are a critical time for brain development, but the brain still needs a lot of remodelling before it can function as an adult brain.
- This **brain remodelling happens intensively during adolescence**, continuing until your child is in their mid-20s. Brain change depends on age, experience and hormonal changes in [puberty](#).
- Adolescence is a time of significant growth and development inside the pre-teen brain.
- The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are **'pruned' away**. At the same time, other connections are strengthened. This is the brain's way of becoming more efficient, based on the 'use it or lose it' principle.
- This pruning process **begins in the back of the brain**. The front part of the brain, the prefrontal cortex, is remodelled last. The prefrontal cortex is the decision-making part of the brain, responsible for your child's ability to plan and think about the consequences of actions, solve problems and control impulses. Changes in this part of the brain continue into early adulthood.
- Because the prefrontal cortex is still developing, teenagers might rely on a part of the brain called the **amygdala** to make decisions and solve problems more than adults do. The amygdala is associated with emotions, impulses, aggression and instinctive behaviour.