

# Help Your Child Succeed in the Transition to Secondary School

As your child prepares for secondary school, you may ask yourself, what is the best way for me as a parent/caregiver to prepare them for this new transition, and how do I deal with my own worries?

**Here are some helpful tips for you and your child:**

## 1. New school environment.

Secondary school is very different from elementary school. Talk to your child about what to expect and what they can do if they get overwhelmed. Help them manage their workload by breaking it down into three categories: priority, easy and up next. Help them manage their time by making sure homework gets done before nighttime and by setting a timer for breaks.

## 2. Encourage your child's special interests.

Ask your child about the parts of school that excite them. Is it math, language, music, arts, sports or a special club? These special interests might be the reason they want to go to school each day. Help your child balance their learning experience between special interests and core subjects. If your child needs additional help, have a conversation with their teacher.

## 3. Talk to your child about social media.

Secondary school children tend to spend a lot of time on social media, posting pictures, socializing with peers and being influenced by others. It is important to educate your child on what is appropriate on social media and what is not appropriate. Once they post something on social media, it is public and permanent.

## 4. As a parent/caregiver, what can you do for yourself?

Don't let your own worries get in the way of your child's growth and development. Talk with trusted friends about your concerns regarding your child. This is a time when parents/caregivers can lean on their community for support. At the same time, you are role modeling for your child the importance of practicing self-care and building a support system.



*"Worried about middle school" —Sixth grader*