



Starting or changing school

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1. Prepare yourself

This transition mainly affects the child, but you may need to prepare yourself that things will be different or they might struggle. Try chatting to God about how you feel and asking friends to pray.

2. Prepare your child

Let them know that it is okay to find transition difficult. You could create a window into your life by sharing about a transition you've experienced, how you felt and how you managed it.

4. Stay connected

Keep them connected to you, God and home. Remind them that you're there and that you care. Give them plenty of opportunities to tell you how they're feeling.

3. Reassure them of what is the same

It can be really comforting to remind them what isn't changing. Don't forget to share that God is with them always and that he never changes.