

TOP TEN SELF-CARE TIPS FOR YEAR 6 PARENTS...

Nearly all the advice out there is how parents can do even MORE - to support their children as they go through the transition to high school from year 6 - but what about parents supporting *themselves* through what can be a time of great change?

Here are 10 Top Tips for Year 6 Parents



1. Changes are coming

It's how you *manage* the changes that matters – and acceptance is one of the most important (and maybe hardest) things you can do to help yourself move forward

2. Be confident in your child

Your child may very well surprise you with their ability to adapt and be more independent

3. Ask for help

In Years 6 and Year 7 there are *always* staff who can help. Other parents have a wealth of knowledge too.

4. Get to know the high school systems/apps

Read all the information from the high school when you get it. Feel informed and if you get stuck – ask.

5. Celebrate the last 7 years

Whether its been a rough or a smooth ride, the last 7 years will have taught you so much. Take a moment to appreciate what you have learned and got through as a parent over the last 7 years (including covid)

6. Find a friend/other parent who you can be totally honest and truthful with

It may not be the person you immediately think of

7. It's common to feel grief

Grief at the loss of routine, familiarity, confidence, friendships, knowledge, dependent children.

It's ok, and you *will* get through it.

8. Don't compare

Every child and every family is different and will cope differently with this change. Do what works for you, your child and your family.

9. Switch off

The final term is a busy one and can be emotional. Try to take some time out every day to stop and take stock. It doesn't have to be long. Just a few moments of awareness, before you carry on.

10. Keep in touch (if you want to)

Playground parents can be friends for life - and useful sources of information. But the move to high school can also be an opportunity to break free from friendships you no longer enjoy

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