

Social Communication and Autism Team

Top tips for transition Year 6 to Year 7 – for Parents

Top Tips	Challenges	How to reduce challenges
Saying Goodbye to Primary School	Acknowledge that your child may be sad to leave Primary School. Think of ways they can say Goodbye to their classroom, staff, friends etc	<ul style="list-style-type: none"> • Social Stories support children to understand change, providing reassurance and reducing anxiety. Information on writing social stories can be found here https://carolgraysocialstories.com/ • Create your own social story by using a free 30 day trial using Widgit Online https://www.widgit.com/products/widgit-online/index.htm • Goodbye Book - take photographs of the school/staff and ask your child to write something under each photo so they can remember their school/staff • Send Goodbye cards to staff/ friends
Transition Visits	These give your child the opportunity to see the school before September which often reduces anxiety	<ul style="list-style-type: none"> • Ask for extra transition visits to the school and during the visit take photographs of the school to look at during the summer holidays, for example school gates, reception, SEN department etc. • Virtual Tour - If Transition visits are unavailable, ask the School if they have a Virtual Tour available
Research as much about the new school as you can	Again, this often reduces anxiety and can encourage your child to ask questions about school	<ul style="list-style-type: none"> • Utilise the Internet - Look on the school website and read the school prospectus. Ask if the school has a Facebook Page, Twitter account or Instagram Page.
'Buddies'	Hearing another pupil's perspective of the school can be really helpful and reassuring	<ul style="list-style-type: none"> • Current students - Ask school if there is a current student who they could 'buddy up' with. Some schools are allowing students to contact each other via email with any questions they may have.
Key Staff	There are a lot of staff at Secondary School, but it is important that you and your child know key staff members	<ul style="list-style-type: none"> • Make a list - write a list of the key people you and your child need to know and ask for a photograph of them, eg SENCO, Head of Year, Form Tutor etc. Display this list somewhere in the house so it is visible

<p>One Page Profile</p>	<p>These are useful so that all new staff have an understanding of individual needs</p>	<ul style="list-style-type: none"> • Sheffkids website has one page profile examples and templates you can download for free - http://www.sheffkids.co.uk/adultssite/pages/onepageprofiletemplates.html?LMCL=csDGky Remember to recognise strengths and interests, including special interests. Include your child when writing it as well as staff from Primary School
<p>Sticker Strategies</p>	<p>Sticker strategies support your child with social situations they may have difficulty with</p>	<ul style="list-style-type: none"> • Social Thinking - can be used as prompt cards for a range of situations that may occur and identify steps to take. For example:: “If I arrive late to school” <ul style="list-style-type: none"> - I need to go to the school office & tell xx - xx will take me to my classroom - I need to say ‘sorry I’m late to my teacher and sit at my desk
<p>Timetables</p>	<p>The range of subjects and different classrooms and teachers could be a huge change for your child - practice looking at a timetable</p>	<ul style="list-style-type: none"> • Example Timetable - ask the school if they have an example of a timetable so you and your child can familiarise yourselves with what a typical day may look like. Help your child to identify which classroom the subject is in, which teacher takes that class and the variety of subjects they will have as well as when break and lunch times are. • It’s also useful to ask for a Map of the school and practise the route from one classroom to the next. • Colour code the timetable – use one colour for subject area, room, teacher and TA name.
<p>Safe Space</p>	<p>There is an increased risk of anxiety and overload and a safe space to withdraw to will ease anxiety</p>	<ul style="list-style-type: none"> • Ask school about a ‘safe space’ if your child needs one. When can they access this, where is it and how can they access it (eg do they need a pass)
<p>Summer holiday preparations</p>	<p>Try not to leave things to the last minute, use the time during the 6 week holidays to prepare and practise</p>	<p>What is important</p> <ul style="list-style-type: none"> • Practise the route to school • Talk positively about the new school • Allow your child to practise wearing the new school uniform • Practise packing their bag with the relevant books/materials • Display visuals in your home e.g timetable, countdown calendar to school etc