



# Transitions



Parents



# Transition

Matthew Bartolo

# Transition

- \* Transition is change from one thing to another.
- \* Change can be good because we can choose where we want to go.
- \* Change can be good because it a great time to re-invent oneself.



# Transition

Think of a transition you've been through or are going through...

- Wedding
- Moving to a new house
- New job
- Starting a new course



# How did you feel?

What did you feel?

- Confused.
- Anxious.
- Scared.
- Lost.
- Alone.

**COPYRIGHT**



# Children's Fears

- \* Getting lost in new school.
- \* Homework.
- \* Not being with friends.
- \* Strict teachers.



- **These are dissipated the first month in the new school.**
- \* Bullying.
- \* Change from being oldest to being the youngest in a school.
- \* Miss friends.

# Practical Tips

- \* Take child to the new school.
- \* Talk about what they are afraid of.
- \* Think of possible situations together and discuss what they can do if these situations arise.
- \* Talk to them about your own fears.
- \* Don't patronize them.



# Communication

RIGHT

Calm down. Your relationship with your child is far more important than whatever happened.



Gain his trust!

Let her finish what she has to say

Treat your child as an adult. She is now a teenager.

Show that you accept the child himself, regardless of what he has or has not done.

**Quality Time & being your child's best friend are MYTHS!!**



# Teaching Skills

- Talk about one's feelings.
- Believe in oneself.
- Having a positive perspective towards life.
- Letting go of previous lifestyle.
- Embracing new life situation.
- Adapting to changes.



# Practical Tips

- \* Encourage them to make friends.
- \* Encourage them to talk about it with their friends (who are going through the same experiences as them).
- \* Be available.
- \* Empathise.



# Thanks



**COPYRIGHT**



willingnessteam