



**Barking &
Dagenham**



RESILIENT TRANSITIONS

Helping Children Deal Well With Change and Uncertainty

A four-session on-line course for parents in Barking & Dagenham

Children and young people will face many transitions throughout their lives. Change and uncertainty is something we can help children learn to navigate so they develop effective ways to deal with it through life.

How do we support children to deal well with transition? Whether the move is from primary to secondary, to a new school or setting, or to a new teacher or class. It can be an anxious time for parents. The way they approach the changes their children face can be the difference between a stressful or a manageable transition. Knowing how best to manage our own emotions, worries and actions is vital for supporting children in the best possible way.

Join Bounce Forward for a series of four 60-minute webinars to explore how to support children and young people to face transition with resilience and receive some practical resources to use at home to encourage a growth mindset to change and uncertainty.

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**bounce
forward**



Session 1

Recognising personal concerns and barriers

This session provides a space to share concerns and recognise we are not on our own. We all face challenges and change is a constant, so we will explore the link between emotions, energy and our ability to take control.



Session 2

Developing a growth mindset to change

This session will consider unhelpful habits of thinking in relation to transition, change and uncertainty. The focus will be on exploring the differences between a fixed and growth mindset.



Session 3

Supporting children to recognise and regulate unhelpful emotions

This session will explore evidence-based strategies for dealing with anxiety, stress and dealing with strong reactions to change.



Session 4

Creating and strengthening human connections for transitions

This session will focus on how we can play to our strengths when dealing with uncertainty and change. It will also explore a practical approach for assertive communication.

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