

Helping Your Child Transition to High School



High school is all about increasing student's responsibility and independence. In middle school, they are taught social skills and time management, all while having a support system of teachers and other school staff. High school is designed to transition students into becoming a young adult by giving them a little more responsibility. Below is a list of tips to help your child transition to High School.

Be Your Child's Support System

- Change is difficult. Going from Middle School to High School is a learning curve for many students due to challenging academics, making new friends, and learning a new school's environment. It is important that you talk with your child and let them know you are there for them if needed.
- Attend parent teacher conferences so you are informed about your child's school academic procedures. This also lets your child know you support and care about their academic efforts.

Prepare Your Child for the Expectation of Their New School

- If possible, **visit the school** with your child so they feel more comfortable with the layout of the school. This will decrease their anxiety for their first day and ease them into feeling more comfortable in their new environment. If in-person visits are unavailable find out if there's a virtual option to tour the school.
- Help your child understand the expectations of **extracurriculars**. High school has more extracurriculars than middle school. This is a great time for students to explore their passions and interests, while also teaching time management skills. However, be sure to leave some down time for your student because it's important for them to relax as well.
- **Homework** gets more intense and grades become critical for their future. A way to prepare your child for a more intense workload is to set up a space for your child to work that is quiet, well-lit, and distraction free. Also, sit down with your child regularly to discuss class loads and make sure their academics and extracurricular activities are balanced.
- **Create organizational skills** within your child by teaching them to stay focused and turn in work on time. Have your child make prioritized daily to-do lists, and study in a quiet and clean area. Organizational skills will not only help your child in their daily school life, but also in their future.

TIP: Keeping books and papers organized allows more time between classes!

Check in with Your Child

- Make an effort to talk with your child every day, so they know what goes on at school is important to you as well.

- When talking to your child, it's important to listen, make eye contact, and avoid multitasking. Remember to talk with your child, not at him or her and be sure to ask open ended questions.
- Take time to discuss some common fears, such as:
 - Using a combination lock
 - Getting to class on time
 - Making Friends
 - Being different than other kids
 - Tough classes
- If you are worried about your child's mental health, there are resources...
 - Start the conversation by speaking to the school counselor about concerns or therapy needs. They will help connect you and your child to the right resources and school-based therapy if that is the right option.
 - You can also visit the MindPeace website at www.MindPeaceCincinnati.com and search the online database of mental health providers in your area that accept your insurance.
 - For non-life threatening mental health crisis, you are encouraged to contact the Psychiatric Intake Response Center (PIRC) at Cincinnati Children's Hospital (513) 636-4124. The PIRC staff will help you to decide the most effective level of intervention for your child's mental health crisis – which may include an urgent psychiatric assessment in the PIRC Bridge Clinic.

TIP: At dinner ask about the days “highs” and “lows” or play two truths and a lie about the day. This helps get kids talking!



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