

Supporting Your Child to Transition to Post-Primary School

Congratulations. Your child finished primary school.

Take a moment to acknowledge what you and your child achieved.

It's time to prepare your child for post-primary school.

This offers new and exciting opportunities.

It's also a time of change.

Change can bring a range of feelings for you and your child.

It's normal to feel excited, nervous, worried or curious.

Your child may communicate in different ways. Listen and reassure.

Talk to your child about their thoughts and feelings.

Let them know it's okay to feel these things.

Let them know as soon as possible once they received their school place.

To get to know the new school, you and your child can visit the school, practice the journey to and from school, and look at the school website.

They may also learn more about the school from friends or older siblings.

Moving to post-primary school will involve changes to your child's daily routine.

These changes will take time and practicing these changes in the weeks before school starts can really help.

For some students, a new school uniform might take some time to get used to.

Your child will have new teachers. Find out more about the curriculum from the school website, in their information booklet or at the school open night.

Speak with the relevant staff.

A new curriculum will mean that your child will have different books. Many students will have more books than ever before.

You and your child can practice morning and evening routines, such as packing the school bag, PE gear and organising materials the night before.

Being organised can help you feel calm and ready for the day.

Ensure your child that even though their day and classes may be longer; there will be lots of breaks throughout the day.

Let them know it takes time to get used to new changes in routines.

Let them know that asking for help is a good thing.

Find out who you and your child can go to in the new school to ask for help.

The NCSE is here to assist you with any questions that you may have.

Please feel free to contact your local special educational needs organiser (SENO).

-National Council for Special Education, 2023