



Is your child moving up from primary to secondary school this year?

This is a time of change which can feel difficult and cause anxious feelings for both children and their parents and carers.

The Liverpool Parenting Team is running a one-hour **Moving Up** workshop for all parents and carers of year 6 children who are moving to secondary school in September.

Offering guidance and advice on:

- What children worry about and what you can do to help
- What parents worry about and how you can help your child prepare for change
- Teen development, friendships, social media and staying safe
- Dealing with high emotion and restoring relationships after challenge
- How to encourage family containment
- The first few weeks and settling in
- Where else to get information and further reading

