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Eltereschoul Doheem #17

Dear parents,

"Now the real work begins! » For a long time, the issues relating to the handling of transitional phases such as the start of school or the passage to adolescence were neglected in families, and even in science. Today, we know that these transition periods require special attention.

An important stage of life is coming! - How can we ensure a good start?

- For most of our children and young people, the transition from one stage of life to the next is a major event, which triggers positive feelings as well as uncertainties, anxieties and questions.
- The role of parents is to accompany and support their child during this transitional period and, above all, to devote time and show their presence.
- To prepare for the transition period, parents must be well informed about the challenges their child will face. Then it is important to discuss them with the child and to organize exactly how things will take place.
- It is important to take the young person's anxieties, fears and questions seriously. Phrases such as "You're already grown up" or "Stop making a fuss" do not really help.
- To get through the new phase successfully, children need to feel that their parents trust them and that they can turn to them for support at any time. A strong attachment between parents and children makes it easier to move on to the next stage.
- Try to avoid other major changes in the family at the same time. To cope with the unknown, children/teenagers need some stability; too many changes at the same time lead to great disruption.

The School for Parents organizes 2 activities related to transition situations:

- **My child is entering secondary school** - Online Evening for parents (LU) 01.06. at 18:30
- **Transition to the nursery** - Online Evening for parents (LU) 01.07 at 18:00

Registration for the seminars can be made by email to: eltereschoul@kannerschlass.lu.
The complete programme of the School for Parents can be found at www.kannerschlass.lu

The School for Parents' team

