



Six Valuable Tips to Tackle the Challenges of Transition

DUE TO THE TRANSIENT NATURE of Beijing's international community, many students and adults can experience a sense of anxiety caused by transition. Children deal with transition in various ways; the challenges experienced and the solutions for any transition may differ with each child and circumstances, depending on when and which type of transition takes place as well as the child's development and emotional intelligence. **Rachel George, School Counsellor at Yew Chung International School of Beijing**, shares six valuable tips for parents to support their children when dealing with transition.

1. Participate in your child's school life

Parent participation in transition activities is strongly associated with children's self-confidence, liking of the school and overall happiness. Getting involved in the various opportunities offered to become part of your child's school life and understand the school culture. This can be in a form of parent workshops, parent classrooms, open days or student/parent activities. All these work towards establishing a sense of community and connectedness with the student's new environment.

2. Attend Transition Programmes

Due to the transient nature of an international school setting, transition is a normal part of every student's daily lives and many international schools provide well-designed transition programmes to assist parents by providing tools they can utilize to lessen the effects of transition. Get in touch with your school counselor to find out more about the programme offered at your school.

3. Provide buddies or mentors

Check if your school has a Student Ambassador Programme. This is very common in many international schools where new students are usually provided with a buddy or mentor to help them settle in their new environment. This mentor can be someone from the same grade as the new student or with similar interests as the new student.

4. Involve your child in the transition as much as possible.

Stress and anxiety is a result of a loss of control. Empowering your child to assist in decision making whenever possible will help alleviate stress. For example, allow them to choose decorations for the new apartment, or

to assist in planning the first family outing in your new city.

5. Communicate with your child's teachers

It is important for parents to communicate with teachers regarding any different behaviors they may notice at home. Sharing information is a great way to ensure that difficulties are spotted early and allows parents and teachers to work collaboratively to support children.

6. Create an inclusive environment

It is pivotal for children to feel and know that they are being heard by adults in their lives. Listening to your child's concerns provides a safe space for them to explore their emotions and come to you when they have concerns. Always create an environment that is conducive for them to express their emotions.



To read more tips from Rachel George, visit our website www.yicisbj.com

