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END OF YEAR TRANSITION TIPS FOR PARENTS

Helping Kids Adjust to Changes

THE END OF TERM CAN BRING BIG EMOTIONS, TIREDNESS AND CHANGES TO ROUTINE. THESE GENTLE PARENTING TIPS CAN HELP SUPPORT YOUR CHILD THROUGH THE TRANSITION WITH CONNECTION AND CALM.

1. **Talk about the change early.** Let them know what's coming. Try: "Only two Mondays left!" Naming the change helps ease anxiety.
2. **Expect big emotions.** End of term = tired brains + full hearts. Tantrums, tears, clinginess – it's all normal. You can say: "This might be an end-of-term wobble."
3. **Prioritise connection over correction.** A quick walk, a cuddle, or a silly game goes a long way. When your child feels safe, their behaviour often softens naturally.
4. **Loosen, don't lose, routines.** Keep things steady, but ease the pressure. Try: "Shall we read together tonight?" instead of "Have you done your reading?"
5. **Let them decompress their way.** Screens, silence, clinginess or baby talk – it's self-regulation, not regression. Let it be okay.
6. **Reflect and celebrate together.** Ask: "What are you proud of from this year?" Look back with warmth, not just relief.

END OF YEAR REFLECTION SHEET

Write, draw or talk through your answers together – there's no right or wrong.

What are you most proud of from this school year?

What was something challenging that you worked hard on?

What is one thing you have learnt that has really stuck with you?

What's one kind thing you did for someone else?

If you from last September could see you now - what would surprise or impress them the most?

What are you most looking forward to about next year?