

# Transitions Year to Year

Children and young people are faced with many transitions throughout their lives. Some changes can be exciting. But others can be stressful, worrying and upsetting.

Change can be more difficult when a young person:

- Does not want it to happen
- Does not feel ready for it
- Feels worried about what is happening next, because it is new or unknown
- Feels like what is happening to them is out of their control

A child or young person may also find change more difficult if they are already struggling with other things, such as anxiety, low-mood, problems at school or self-esteem issues.

They might find things such as changes to routine, environment, or staff most difficult even when moving within the same school environment (year to year). You can discuss ways they can be supported with this by:

- Finding out what your child is worried about and talk to them about what might make things better
- Explaining to your child what will be different
- Seeing photos or a visiting the new classroom/area may help your child
- Thinking about what has worked well in the past when you've helped your child prepare for a new experience
- Reassuring your child with your calming responses, reminding them that you and their school or college can support them in managing the changes

It is important to plan and prepare for transition as part of a child or young person's special educational needs and disabilities (SEND) support. They should be planned for as early as possible so that all relevant information can be shared with the new staff for the next academic year.

It's also important that your child's voice is also heard and included in any planning. Does the school or setting know how they feel about the move and if there is anything they are worried about?

The [Transition Information Network](#) is a source of good practice, information, and support for disabled young people, families, and professionals. The target age range is for young people aged 14 to 25 years. It's part of the [Council for Disabled Children](#). It was set up to provide targeted information and resources about transition. This is through online resources, publications, and events.

The Transition Information Network works in partnership with the voluntary and community sector. It also works with young people to develop training for professionals. It also provides training on the Mental Capacity Act, the Children and Families Act, and the Care Act.

The Transition Information Network works behind the scenes on policy issues and responds to government consultations. Also working with leading organisations to develop and promote good practice in transition.

