

My child is off to Primary school in September - exciting times!

So why am I feeling wobbly and anxious?



If your child is moving up to Primary school in September, you may be feeling excited as you see them trying on their uniform for the first time or hear them chattering about the lovely teacher they've already met. But you may also be experiencing a whole raft of other thoughts and feelings: dread, stress, worry and endless 'what if's'. And you may be concerned they're linked to your experiences at King Street. **Perhaps you find yourself asking:**

How might my child react if they see other children from King Street nursery?

What if my child has a male teacher or TA in their class?

How should I respond to the parents of children who were at the nursery that I haven't seen in a long time? What should I say?

I don't know how I'm going to cope if they struggle to separate from me at the classroom.

I'm noticing my child is tired and more irritable, or they're finding it hard to play nicely with other children. Is something wrong?

Is my child picking up on my worries? I feel so overwhelmed, I don't know how to manage this.

The transition from nursery to Primary is an important milestone in your child's life. Some children will sail through it, waving you off before they set foot into their new classroom and others might struggle, clinging on and crying for you not to go. It's also a key moment for you as a parent.

It is understandable that this transition may trigger some big, even overwhelming feelings of stress and panic for both you and your child, especially given your family's past experiences at King Street nursery.

If this sounds familiar, please do get in touch with us to arrange some time with one of our experienced therapists. 2-3 sessions may be enough to help you think through your anxieties and allay your fears about your child's next big step in life.

You can access us directly by calling **01444 413939** from 9am-5pm or by e-mailing [**secretary@beaconhouse.org.uk**](mailto:secretary@beaconhouse.org.uk). Our secretary, Jane, will then book a time for you to talk with a therapist about what's worrying you, and help you find some peace of mind.

Warmly,

Amanda & Lucinda