

Getting Ready for School (And other worries about change)



**Thursday 24th June 2021
19.00 – 20:00
Via Zoom**

**Presented by
Katie Skinner, Specialist Teacher, Meadowfield**

Worry can come in many forms and sometimes creates barriers to learning, wellbeing and social interaction.

Young children often enjoy predictability. This can mean that transitions and changes (both big and small) can be a particular cause of worry and distress.

In this workshop we will:

- Discuss and share strategies for supporting young children to begin to learn the skills needed to predict, manage, and ultimately enjoy new experiences.
- Consider the common periods of change and transition for young people and how preparation and pre-emptive support can reduce worry.

This workshop is suitable for parents, carers and families of children in EYFS settings, and in particular those with children transitioning to school for the first time in September.

This workshop is free to attend.

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.

