

LISA HELPS YOU OUT

FROM PRIMARY SCHOOL TO HIGHSCHOOL



If your child is in group 8 of primary school, you probably talk a lot about the first grade. There have been open days and viewing days are coming. A big step in your child's life. It is also exciting for you as a parent, because the real letting go is about to begin. How can you help your child? We're helping out!

Take your time for preparation!



A shortcut perhaps, but good preparation saves a lot of tension and stress. Of course, that starts with choosing the school and the level at which your child feels good. Take your child to the school for information and to experience the atmosphere. Cycling to school together is also useful, so you know how long it takes. Look further in the house together for a nice, quiet place where your child can concentrate on doing homework. And transform that place into a 'first grade proof' area!

Yes, it's exciting!

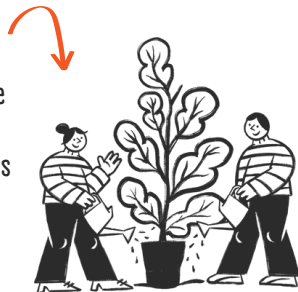


At the end of the holiday, tension starts to rise, both for your child and for you as a parent. That's okay and normal. Talking about what makes it so exciting is

important. Even after the first day and weeks it is good to stay in touch. For you the 'letting go' has really started now, but know that you are giving your child a good foundation. Your child is now able to figure things out and do things for himself. Let your child know that you are there when it needs you.

Be involved

- Guide your child with confidence and find a balance between motivating and stimulating versus controlling.
- Show interest in your child's experiences at school & online



- Give your child the opportunity to come up with things that didn't go well (such as truancy or a bad grade).
- Meet the mentor (you can ask for an interview) and go to parent-teaching meetings. Even if you don't directly have a question yourself, it can help to hear what your child is doing and questions from others can be helpful.

Summer holiday? No school!

During the summer holidays, let go of high school for a while. Primary school is over and a new adventure is about to start. Therefore relaxation is extra important. You can buy stuff for school together at the start of the holiday, then you can tick that off your list. And let the holiday begin!

TAKE IT
Easy



Take some time

Your child is faced with a lot of new aspects. A new class, new friends, a mentor, large building, different subjects and homework. All these new things take a lot of energy and it really takes some time to adapt.

Plan sufficient rest and relaxation moments. For example, go for a walk together, play a game or play football. It is very nice for your child and at the same time you can check how things are going at school and with friends.

Assist with homework

Homework is part of high school. Your child may have already been given homework in primary school to slowly get used to it.

Help your child make a plan for the first months. For example, let it check when test weeks are planned so your child knows when to start learning. Homework assignments are often new to your child and this can be difficult. Let them know that they can always ask you for help.

