

## Helping your child through school transitions

**Course  
Dates:** Friday  
22nd May

**Times:** 10:00am to 12:00pm

**Location:** Online

This workshop, led by two assistant educational psychologists from Swindon Borough Council, will explore what school transitions are, why they matter, and how change can affect children emotionally, especially when anxiety is involved. We'll look at how parents can gather helpful information, understand what their child might be experiencing, and use simple, practical strategies at home to help them feel more settled and confident during times of change.

By the end of the course, you will:

- improve your understanding of how school transitions can effect your child emotionally
- be more confident using simple strategies to help them to manage their worries and cope with change

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)

\* To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2025; have the right to reside in the UK; or be an asylum seeker and have applied for asylum more than 6 months ago; be unemployed, or working and earning less than £25,750 a year.

For more information about our eligibility criteria please visit our website [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)