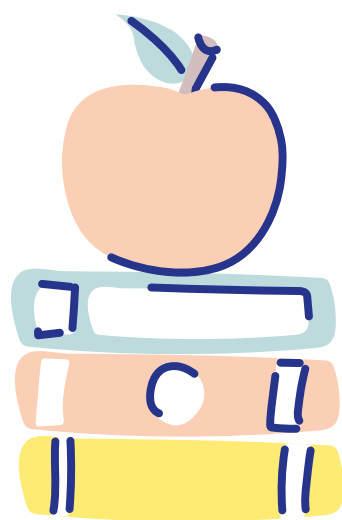


Helping your Child Transition to High School

Guidance and Support for Parents



Presenter: Nicole Macaluso, LCSW



Agenda

- Who we are & what we do
- Why this transition matters
- What changes in High School
- Common concerns for students
- What parents might experience
- How parents can help emotionally
- How parents can help academically
- Social & Peer support
- Promoting Independence
- Mental health and things to look out for
- Your role as a parent
- Resources & Support
- Thank you and open discussion for question



Who we are & What we do

Services we provide:

- Individual therapy
- Group therapy (variety of groups & specialty groups)
- Medication management

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Why this transition matters

- The transition from Middle School to High School signifies one of the most significant developmental milestones in your child's life
 - new academic challenges
 - a more diverse social environment
 - opportunity to engage in a variety of new extracurricular activities
 - a growing need for personal responsibility
- Filled with excitement but also uncertainty/anxiety (for both parents and children)
- For parents, staying informed and proactive is imperative



What Changes in High School?


- Increased independence & identity formation
 - more freedom in managing time, coursework, and social life
- Larger school environment
- Greater emphasis on time management
- Peer dynamics & social pressure
- Academic Pressure
 - Increase in complexity and workload
 - GPA
 - students are expected to manage more rigorous coursework, standardized tests, and future college preparations
 - Potential increased stress, anxiety, depression

Common Concerns for Students

- Academic: Homework load, tests, and keeping up
- Social: Fitting in, making friends, bullying
- Emotional: Anxiety, self-esteem, identity development
- Logistical: Navigating a new schedule, getting to class on time


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What Parents Might Experience

- Feeling “left out” of school life
 - Worry about your child’s choices or peer group
 - Struggles in communication
 - Balancing support with encouraging independence
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How Parents Can Help – Emotionally

- Normalize the stress and change
 - Validate their feelings without “fixing” everything
 - Be available to talk (even if they don’t always want)
 - Encourage self-confidence and resilience
- 



How Parents Can Help – Academically

- Help them set up a routine and study space
 - Encourage organization (planners, calendars, reminders)
 - Stay in the loop with grades and assignments (without micromanaging)
 - Know how to contact teachers/counselors if needed
- 



Social & Peer Support

- Talk about healthy friendships and peer pressure
 - Encourage involvement in clubs or sports
 - Monitor online activity/social media use
 - Know the signs of bullying or social withdrawal
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Promoting Independence


- Let them take the lead in managing responsibilities
- Allow natural consequences when appropriate
- Gradually shift from “doing for” to “coaching”
- Celebrate small wins

Mental Health & Things to Look Out For

- When to be concerned:
 - Sudden drop in grades
 - Isolation from friends
 - Changes in eating/sleeping habits
 - Expressions of hopelessness or extreme stress
- Know school mental health resources
- Don't hesitate to seek professional support



Your Role as a Parent

- Be a cheerleader, coach, and safe place
 - Stay connected-even when they push away
 - Communicate regularly with school staff
 - Show trust in their ability to grow
- 



Resources & Support

- School counseling services
 - Community mental health services
 - Parent workshops and forums
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Thank You!!!





ANY
Questions?