

## Making the transition

# Smooth Moves

## One-day seminar

### About the seminar

Changing schools can be a time of anxiety for parents/carers as well as children. It is important that they feel confident and equipped to support their children at this difficult time.

Our Smooth Moves programme is designed to:

- support local authority facilitators and designated school staff, headteachers, school support staff, childcare staff, and children's centre staff to build on existing support for parents/carers and children in preparation for transition
- promote effective partnerships between the school, parents/carers and pupils
- enable parents/carers to support their child to thrive at home and at school.

Smooth Moves consists of five sessions for practitioners to deliver to parents/carers, covering: change; expectations and boundaries; staying connected – communication and bullying; transition and growing up; and transition preparation.

### Training and resources

We offer a one-day training course for practitioners, which will enable you to run the Smooth Moves programme for parents/carers of children going through transition at all three stages. The day covers: partnership with parents/carers; anxieties for parents/carers around transition; managing change; raising self-esteem; communication; use of materials; project action plan. Materials include a practitioner's guide, additional resources and a parents' book.

### Cost

£65pp (incl VAT) for a minimum group size of 15.  
This price includes all training resources.

### Further information

To find out more, contact:

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The logo for ContiYou Cymru features the word 'Cymru' in a smaller, purple font above the word 'continyou' in a larger, bold, purple font. A stylized human figure with arms raised is integrated into the 'y' of 'continyou'.

Newid bywydau drwy ddysgu  
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