



Do you have a child who is starting secondary school in September?

The next major step your child will go through in becoming an adult is puberty and big changes are happening in their brain. Our children may become more emotional. Puberty is an important step in your child's life but may be unsettling and they will need your support.

Coventry City Council with **inourplace** offer free on-line courses that can help

- ✔ Support your child in their move to secondary school
- ✔ Understand their feelings
- ✔ Focus on your feelings as you go through life as a family
- ✔ Understand the changes in their development
- ✔ Help make the most of your relationships

Some courses that you and your pre-teen/teen may find helpful during the transition to secondary school are:

- ✔ Understanding your teenager's brain
- ✔ Understanding your child's feelings
- ✔ Understanding your child's mental health and wellbeing
- ✔ Understanding your brain (for young people only)
- ✔ Understanding your feelings (for young people only)

For more useful information, please scan the QR code

