

Parent scripts: talking about class changes

Reception, Year 2 and Year 4 September transitions

This sheet gives you some simple, warm phrases to use when talking to your child about moving to a new class or having a new teacher in September. You do not need to follow the scripts word for word. Use them as a starting point and respond naturally to what your child says.

The most important thing is to keep the tone calm and positive. Children often pick up on adult anxiety, so a matter-of-fact and hopeful approach tends to work best. You do not need to have all the answers it is fine to say you are not sure yet, but that you will find out together.

General conversation starters begin here

Opening the conversation naturally

You do not always need to sit your child down for a formal chat. Car journeys, bath time or a walk work really well. You might start with something like:

"I wanted to tell you some exciting news about next year at school."

"Do you know what happens at the end of Year [X]? You get to find out who your new teacher will be!"

"School is going to look a little different in September and I thought we could talk about it."

When your child seems worried or unsure

Child says:

"I don't want a new teacher. I like my teacher."

You could say:

It makes sense that you love your teacher they are brilliant, and you will always have had them, and those memories stay. Next year you will have a new teacher who will get to know you and all the great things about you too. On 15th July you will actually get to go and meet them, which will help.

Tip: Acknowledge the feeling first before moving to reassurance. Do not rush past it.

Child says:

"What if I don't know anyone in my new class?"

You could say:

That is a really understandable thing to wonder. We will find out your class on 10th July, so then we can think about who else might be in it. And remember on Meet Your Teacher Day you will go into the room with your class, so you will start getting used to it all together.

Tip: If your child has a close friend, you might gently remind them that friendships do not depend on being in the same class.

Child says:

"What if the new teacher is really strict?"

You could say:

Every teacher is different, and it takes a little time to get to know them. Most of the time, what feels strange at first just feels normal after a few weeks. Meeting them on 15th July should help you will see for yourself what they are like.

Child says:

"I don't want things to change."

You could say:

Change can feel a bit wobbly, can't it? It is okay to feel that way. Lots of things will stay exactly the same your friends, the school building, lunch, the playground. The main thing that changes is who is at the front of the classroom. And you have handled new things before and been absolutely fine.

Tip: Try to validate rather than dismiss. 'I understand' lands better than 'Don't worry.'

When your child asks questions you cannot answer yet

Child says:

"Who will be in my class?"

You could say:

We do not know yet we find out on 10th July. That is not long away. When we know, we can think about it together.

Child says:

"Will [friend's name] be in my class?"

You could say:

We will have to wait and see on 10th July. Whatever happens, you and [friend] can still play together at lunch and after school. Being in different classes does not stop a friendship.

Child says:

"Why do we have to change classes anyway?"

You could say:

The school thinks really carefully about which class will help every child learn and grow their best. It is not random it is done kindly and thoughtfully. And your teachers know you well.

If your child finds transition particularly difficult

For some children, the uncertainty of a class change can feel quite big, especially if they find change or new situations challenging. A few things that can help:

Keep it low key

Repeated, short, casual conversations tend to work better than one big serious talk.

Use visual anchors

Show them a photo of the school, or walk past the new classroom door on a weekend. Familiar physical spaces help.

Refer to past successes	Remind them of a time they managed something new a trip, a different group, a new activity and it went well.
Check the school website	There are social stories there for different ages which you can read together. These walk through exactly what will happen, step by step.
Let them know you are there	"If you feel worried at any point, you can always tell your teacher or ask to come and see me. You will not be stuck with a worry."
Speak to school	If you are concerned about how your child might respond, please do speak to their current class teacher before the end of term.

These scripts were prepared by school staff to support your family ahead of September. If you have any questions or concerns, please do speak to us we are always happy to help.