

Welcome to Power Up! Parent's Booklet.

INTRODUCTION

This short booklet is designed to help you to support your child as they move up to High School. Your child's primary school is using the New Power Up! Primary programme in class time, to help empower your child as they move to high school this year. We hope this booklet will help you as parent/guardian to be actively included in the process.

The Power Up! Primary programme is used by your child's school, together with a range of other strategies to help your child prepare for high school. The school will usually advise you of all the other preparations they are putting in place separately.



Your child's new high school may be running the Power Up! Secondary follow on programme, to continue the empowerment process. If so, this will also work together with many other high school strategies to help new Year 7's settle in. Ask your high school about transition arrangements for your child.



One final thing before we get started: Some of the resources in this booklet are reusable for you to help your child into the future. We would love to know how you get on with them, so let us know under the parents tab at www.movingtohighschool.com There are more ideas for parenting with an empowerment approach on the website too.

"Power Up! promoted a concept of positivity about new opportunities."

Parent of New Year 7, 2014.

WHAT DO WE MEAN BY EMPOWERMENT?

When we feel empowered, we feel positive and hopeful, which helps us handle life and its challenges. When we have spent time thinking in an empowered way, we have solved some of our own problems, and have more confidence to behave in a positive way. This is the foundation of the work done in the Power Up! Primary Programme.

By way of contrast, when we feel disempowered, we feel negative or weak - often about ourselves. This can lead to feelings of worry, or even hopelessness about new or challenging situations. In the Power Up! Primary Programme, we make a special effort to stop negative thinking, and instead, help positive thoughts and solutions to rise up.

TECHNIQUES!

To introduce this way of thinking in the programme, we use a range of techniques from the world of empowerment coaching. Some may seem new to you, others more familiar. *We will refer to these later in the booklet too.* Here are some of them with an explanation. It would be very helpful if you could show support when your child tries out some of the techniques at home.

Using Declarations: Speaking positive phrases aloud based on phrases learnt at school (and others like them!)

Declaring Activities/Enacting Activities: Doing an activity that includes the need to speak aloud or even loudly in a positive way; doing an activity that includes acting out a solution.

Repetition: Saying or doing something positive several times, or regularly for a good reason.

Reflection: Having time without interruption to think about the answer.

Positive reinforcement: Reminders of what they are good at.

BELIEVING IN MYSELF

When the children reach this section they have already started the process of believing in themselves. They are being asked now to do two things: To look for evidence that they have been successful before, and then, to help them believe in success for more difficult areas.

Success is made up of moments which may seem big or small: Anything from being brave in a situation, or behaving in a mature way, winning or losing well in a game etc etc.



Talk about as many as you can. Did you realise your child was so successful?! Try these questions out and follow any useful rabbit trails!



What did you find out about being successful today?

(Ask them more about it if it's something you don't recognise.)

Which successful things could you remember about yourself, that you've done?

Did you realise you were so successful?



Talk about and add to all the evidence of their success:

What moments can you, as a parent/guardian remember as well?

Notice how positive your child feels when they remember those things.

Notice how you feel when you realise those things about them.

If you are short of ideas, recall a time you told them how good/clever/caring etc they are and explain why.

