

# HINTS AND TIPS TO HELP YOUR CHILD PREPARE FOR POST 16 LEARNING

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## First Day Fears

Help your young person think if they have any questions or worries about starting at their post 16 learning setting. They may be small things like who to ask for help or how will they know where the toilet is. The education provider your child will be going to should be able to easily answer these questions, put their mind at rest and help take away their fears. This video shares some helpful hints and tips to help your young person manage their fears [Facing Your Fears - NHS](#)



## Food

What is your young person going to have for lunch? They may take a pack-up or they may need to practise choosing and paying for lunches if this is something that will help them. If they have free meals they may need to collect a voucher or card.

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## Transport/Travel

Practise new transport arrangements, such as walking a new route or catching a different bus. If your child needs support with independent travel our Titan Travel team may be able to assist. Click this link to find out more: <https://www.norfolk.gov.uk/titan>



## Costs

Some post 16 learning provider's can help with the cost of equipment or travel. Search bursaries on the providers website to see if you are eligible.

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## What to Wear and What to Take

Does your young person know what they are going to wear when they start their post 16 learning?

Having their clothes all laid out the night before can take away any stress around deciding what to wear on the morning of their first day.

Find out about any equipment needed so your young person is fully prepared with everything they need for their first day and has something to carry it in.



## Keeping in Contact

How will you be able to keep in touch with your young person when they are in post 16 learning?

- Do they use a phone?
- Do they know how to be safe using it?
- Do they have all the numbers they need?
- Can they contact you independently?

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## Taster Days

Attending taster days can ease a lot of the worry your young person may feel by giving them a real sense of what college life and their chosen course will be like. It's also a valuable chance for them to ask any questions they may have. Many taster days are mandatory, and in some cases, attendance helps determine to whether your child is offered a place on the course, so it's important they take part.



## Enrolment Days

Enrolment days are essential for confirming your young person's place, meeting teachers, collecting their timetable and starting to build friendships. The first weeks of term are also crucial for helping them settle in. It's important not to book holidays during this time as missing it can affect their place on the course and make it harder for them to settle. If they can't attend, please contact their new setting as soon as possible.



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## WHAT TO DO IF YOUR CHILD STRUGGLES

If your young person finds it hard to settle into college or their new place of learning, the most important thing is to let the setting know early. Staff can only put the right support in place if they understand what your child is finding difficult. Encourage your young person to keep attending, even if things feel challenging — stopping suddenly can make it harder for them to build routines, friendships and confidence. You can contact their tutor, SEND team, or support worker to talk through what's happening and explore options such as extra check-ins, quiet spaces, or adjustments to help them feel more comfortable. Working together with the setting helps your young person feel understood, supported and more able to settle in over time.