

Starting Something New Shouldn't Feel Lonely at Eight Years Old

A new one-to-one coaching service for children aged 5–18 facing a new school, class, or chapter - because transition anxiety peaks in September.

PRAGUE, CZECH REPUBLIC, August 11, 2026 /EINPresswire.com/ -- Every September, millions of children walk into a new environment for the first time. A new school. A new class. A teacher they have never met. A room where they don't yet know where to sit or whether anyone will talk to them.

Some will settle quickly. Many will not - and most of those will not say so.



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Research confirms that anxiety peaks during transition years: starting school, moving to secondary, arriving somewhere new. Studies show children typically need six to eight weeks to genuinely adapt. And fewer than one in five children seek help when they are struggling. They go quiet. The adults around them often mistake quiet for fine.

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Children don't respond to logic or reassurance. They respond to being taken seriously - to someone who asks what they're afraid of without rushing to fix it.”

Lucie Strakova, kidscoach.cz

"Children are remarkably adaptive," says Lucie Straková, [child and teen coach](#) and founder of [kidscoach.cz](#). "But adaptation takes time and support. What I see, year after year, is that children facing a significant 'new' are expected to be settled by the second week of term. When they come home flat, or start inventing stomach aches, or can't sleep - the worry tends to land on the child rather than the

transition. The assumption is that something is wrong with the child, rather than that the transition was never actually supported."

kidscoach.cz is now offering a dedicated transition coaching service for children and young

people aged 5–18 ahead of the new school year. The service is designed for children who are:

Starting primary or secondary school for the first time

Moving to an international or language-immersion school

Starting school in a new country or city

Returning after illness, bereavement, or a difficult period at home

Entering a new class following family change such as separation or relocation

Sessions are one-to-one, in English, available online for families anywhere in the world. Rather than treating transition anxiety as a condition to manage, the approach works with the child to name what feels unknown, build specific skills needed for their situation, and arrive at the first day with genuine readiness - not a performance of it.



Lucie Straková - visionary entrepreneur and youth mentor

"Eight-year-olds don't respond to logic or reassurance," says Straková. "They respond to being taken seriously. To someone who asks what they are afraid of without immediately trying to fix it. To feeling like they have some agency in a situation where they currently feel they have none. That's the starting point."

The transition coaching service is available as individual sessions or a short structured programme. Spaces for September are open now.

About kidscoach.cz

kidscoach.cz offers one-to-one coaching for children, teenagers, and young adults aged 3–22, working internationally with families navigating transitions, anxiety, confidence, and development. Sessions are in English, available online worldwide and in person in Prague, Czech Republic.

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