

ISSUE 48

The Hidden Transition Children Are Living Through

Messy Story of the Week

Jordan and Paige were confident they had made the right decision.

They had spent months discussing it.

Praying about it.

Looking at every option.

The change would create new opportunities for the family.

Everyone agreed it was the right move.

A few months later, however, one of the children, Becca, seemed different.

Nothing dramatic.

Just different.

She was more emotional than usual.

Quick to tears.

Easily frustrated.

Less excited about things she once enjoyed.

The adults couldn't understand it.

The transition had gone well.

Hadn't it?

Then someone finally asked a different question.

"What has Becca lost?"

The answers came quickly.

A best friend.

A favorite teacher.

A familiar routine.

The confidence that came from knowing exactly what each day would hold.

Josiah and Paige had spent months focusing on what the family would gain.

Becca was still trying to make sense of what she had left behind.

The decision had been wise.

The opportunities were real.

But so were the losses.

And once her parents began noticing those losses, they were able to help Becca put words to what she was experiencing.

Faithful God Then and Now

When God led the Israelites across the Jordan River into the Promised Land, He instructed them to do something unusual.

He told them to gather twelve stones from the river and build a memorial.

Why?

Because God knew a day would come when the children would ask questions.

"What do these stones mean?"

The memorial gave parents an opportunity to tell the story of God's faithfulness.

God understood something important:

Children do not automatically understand the meaning behind major events.

They need caring adults to help them make sense of what they are experiencing.

The same is true in our families today.

Children often see the changes.

They feel the effects.

But they may not fully understand the reasons behind them.

They need patient adults who are willing to listen, answer questions, and help them find words for both their excitement and their grief.

Just as God invited parents to tell the story behind the stones, He invites us to help our children understand the stories unfolding in their own lives.

Joshua 4:1-7

What We Can Learn

- Children experience transitions differently because they do not have the full story.
- Children rarely experience only the benefits of a decision.
- They often pay prices adults don't immediately see.
- Behavior often communicates what children cannot yet explain.
- Children need help naming both excitement and grief.
- Feeling sad about a loss does not mean a decision was wrong.
- Every transition includes both gains and losses.

Behind the Curtain

In coaching, I see this pattern a lot:

Adults often focus on why a decision was necessary.

Children often focus on what disappeared.

A child may lose a friend, a teacher, a routine, extra time with a parent, a favorite activity, or simply the comfort of knowing what comes next.

These losses are real, even when the decision was wise.

Adults usually know the reasons behind major family decisions.

Children often only experience the results.

When we slow down and consider what a child might be losing, we become better equipped to help them adjust.

Faithful Family Tools

Children often struggle to put words to what they are experiencing during major transitions. These resources can help you better understand what's happening beneath the behavior and strengthen connection during seasons of change.

Faithful Families Facebook Community

One of the best ways to grow as a parent is to learn from others who have walked similar roads. Join us for encouragement, discussion, and practical support. Join here: [Faithful Families](#)

What's Happening in Your Relationships? (Free Course)

Although created with relationships in mind, this course helps families recognize patterns, assumptions, and communication habits that often affect both marriages and parenting. Register here: [What's Happening in Your Relationships](#)

Faith Step for the Week

Ask each child:

What feels different lately?

Listen without correcting, explaining, or fixing.

Bible Verse

"Let the little children come to me."
Matthew 19:14

2-Minute Practice

Create a simple Transition Inventory for each child:

- What did they gain?
- What did they lose?
- What are they excited about?
- What are they worried about?

Next Week

Simple practices that help families stay grounded when everything feels uncertain.