

# TIPS FOR HELPING KIDS COPE WITH CHANGES

Change is something that we all experience at one time or another, but it can still be hard. Even positive changes, or small changes, can be difficult to adjust to and accept. These tips will help you support your child as they navigate changes in their lives.

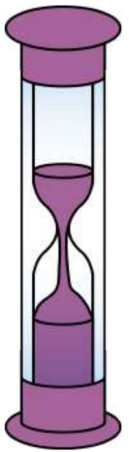
## Explain The Change

Some changes are unexpected, but for those that are expected, being as clear as possible about what is, or will be happening, can help children feel less worried. Try these tips for explaining the change to your child.

- If possible, tell the child what they can expect to change, and when they can expect the change. The more specific you can be, the better!
- Give specific details about what will or won't be happening.
- Tell the child what will be staying the same.



## Give Time & Space To Process The Change



- Listen to all of the questions the child has. Try to answer as many as possible. Don't be afraid to say, "I don't know right now, let me get back to you about that."
- Let them know that the feelings they have are okay – even if they are uncomfortable.
- Avoid telling them how they should or shouldn't react. Allow them to process it in their own way.
- Give space for uncomfortable feelings.
- Be patient. A child may have a negative reaction to the change at first, but over time, they may be more accepting. Allow time for this process without rushing it.

## Help Kids Cope With & Express Their Feelings

- Encourage the child to focus on what they can control.
- Help them identify people they can talk to about what they are experiencing.
- After giving space for frustration, anger, etc., help the child see the possible positive outcomes of the change.
- Continue supporting your child by checking in with them about how they are doing. Feelings about the situation may change, so having more than one conversation about what's happening can help your child process their evolving feelings.

