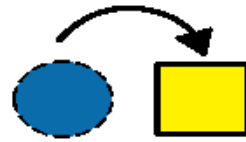


Handling Change



1. Change will happen.



Sometimes the change will mean a good thing is coming when I didn't know about it.



Sometimes change means I will need to do something that I wasn't thinking about.



2. How does change effect my brain?



can't change my thinking right away



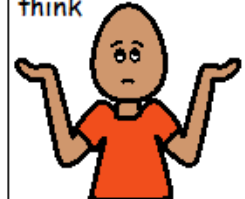
feels like a shock to me



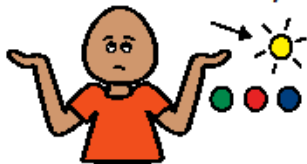
can't stop what I am doing without getting upset



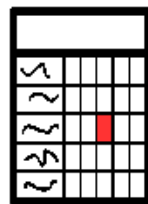
gets mixed up and then it's hard to think



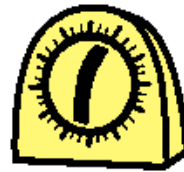
3. Think about how I can handle change, in the best way.



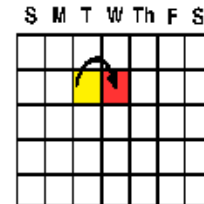
see the change on a schedule



get a timed warning



know a day ahead of time



being told as it is happening



4. How can I tell people what my brain needs to handle change



write it out if my words get stuck



call a family meeting to talk about things



ask someone to do things the way it works for your brain



To the adults: Why is it that the child is always asked to adjust to change when it's hard for them? Helping a child learn to identify what supports they need to handle change can help the adults be the ones to adjust. Helping kids to be a part of plans can be empowering.