

# HELPING KIDS DEAL WITH BIG CHANGES

**Children need love and support to deal with big changes.**

## **ROUTINES**

Keep routines as normal as possible. Your child will need something that feels familiar.

## **FEELINGS**

Ask your child to talk about his or her feelings. Sometimes children act out if they feel left out or like no one is listening.

## **TALK**

Talk to your child about how you feel about the change. If you're sad, explain why and ask your child to talk, too.

## **INFORMATION**

Give your child as much information as possible. If you are moving, explain why. If you are having a baby, explain when the baby will arrive and how things may change. Pictures can help young children understand change.

## **TIMELINE**

Create a timeline that your child can understand. Post a calendar on the wall and mark dates of when certain things will happen. Remind your child when changes are coming.

