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.