

Coping With Change

Change can be difficult at any age, but especially when you're a child.

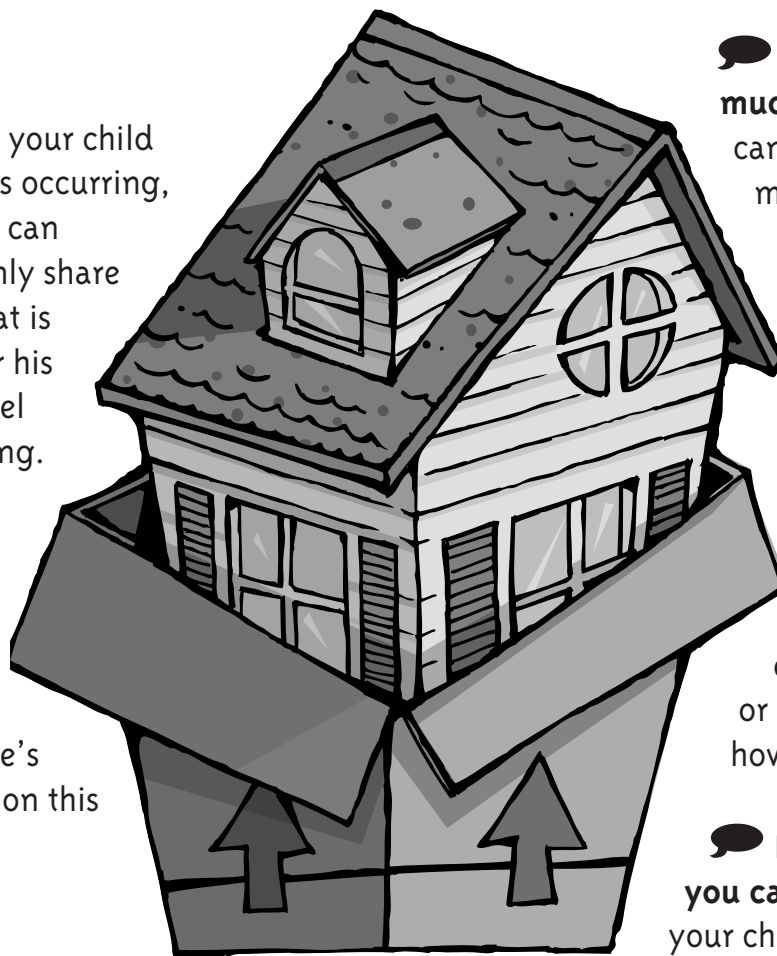
If you're moving away from your child's familiar surroundings or away from family and friends, or making other drastic changes due to a new job, economic challenges or other reasons, your child may need support.

To some children, change equals loss. Help your child find something positive about your move or your new circumstances. If that isn't possible, reassure your child that things will get easier.

**Children can adapt well, when given positive support.
Here are some ways to help your child adjust:**

🗨️ **Explain** to your child why a change is occurring, in language he can understand. Only share information that is appropriate for his age and his level of understanding.

🗨️ **Acknowledge** your child's fears and be sympathetic. Remind her that she's not alone. You are on this journey with her.



🗨️ **Give your child as much information** as you can about the place you're moving to, or take him for a visit to his new school.

🗨️ **Give your child suggestions** on what to do when he feels fear or anxiety rising, such as closing her eyes and picturing you hugging her, or reciting a comforting word or poem, or telling a trusted adult how she's feeling.

🗨️ **Remain as positive as you can.** This will encourage your child to do the same.

Your child's concerns can make you fret as well. Recall the times you have endured change in the past and how you have managed to survive. Use those experiences as your guide to help yourself and your child adapt to this new circumstance.

