

Helping Children Transition Through Major and Minor Changes



Change can often make children feel fearful or confused. They may feel a lack of control or dependability when everything around them is suddenly different. Fortunately, there are a lot of things adults can do in advance to help the child transition smoothly.



Health and Wellness

For example, when a child moves into a new home or transitions into a new school, they must make new friends, find new routines and cope with the loss of their old environment, all at the same time. By talking about the change, children will feel safe and better understand what is going on. The emotional adjustment won't be so overwhelming when children know what is happening ahead of time.

Helping Children Cope With Minor Changes

It's important to realize that even minor changes can be difficult for children. For instance, if you go to the park with your child on a certain day every week, try to keep it routine. If something comes up, try giving the child an alternative, like having your child go to the park with another neighborhood family, or spending time together in a different way.

Helping Children Cope With Major Changes

For bigger changes, introduce the idea of change gradually so your child isn't startled. For example, if your child is moving from elementary school to middle school, see if you can take them on a tour of the new school. Take the child in to talk with school personnel or his/her new teachers. Meet daily with your child after he/she starts school to talk about his/her day. By taking efforts to gradually introduce new situations to the child, the fear will subside.

Follow these guidelines when going through a major transition:

- Take time to talk with your child about how life will be different after the change
- Encourage the child to talk openly about feelings and fears
- Talk about the positive aspects that the change will bring
- Share a personal story about a time in your life when you were afraid of change and how the outcome turned out positive

Keeping Routines Through Change

When any transition occurs, work to keep daily routines similar. If you talk to your child at a certain time after school, or eat dinner together on certain days, make sure to keep these routines intact so the change transpires as easily as possible.



Please note: The information provided in this document is intended for educational purposes only. Readers with questions or a need for further assistance are strongly encouraged to contact BHS at the website listed below. Content written by Dr. Delvina Miremadi ©2018 on behalf of LifeAdvantages.

