Helping children manage transition and change

“The only thing constant in life is change.”

This newsletter focuses on helping children to positively tackle change. It examines how children manage change differently and how parents and carers can empower children during transition periods. It also considers two challenging types of changes – when families separate and when friendships undergo change or conflict arises.

How children manage change differently

Everyone is different, and approaches change differently. This article looks at the impact that a child’s age, temperament and social and emotional skills can have on managing during a time of change. Read more
Empowering kids to manage change and transition

One way to help children cope with change is to encourage them to take an active role in responding to the change itself. This article looks at ways to empower children to manage transition and change. Read more

Managing separating families

When parents separate, it can be challenging for both children and adults. This article offers constructive guidance to help children adjust to separation. Read more

Managing changes in friendships

Changes in friendships can be tricky to navigate. This article looks at ways to support children to respond positively to friendship changes. Read more

Developing emotional skills

Resilience

Starting school

Video: Developing coping skills

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