



Helping Students Adapt to Change

Helpful Strategies to Assist Your Child Adapt to Change

- Focus on the positive – celebrate the positives in your child’s life.
 - Ask your child what they are looking forward to and help them brainstorm positive aspects about the change.
- Validate any feelings your child displays – acknowledge your child’s emotions and let him or her know it’s ok to be sad, nervous, excited, or maybe a combination; validate that it is normal.
- Listen – make eye contact, give your full attention, and let him or her know that you are really listening.
- Keep a routine – continue with routines that are currently in place that offer consistency and predictability.
- Model positivity – children will react to and follow your reactions.

Resources for Parents to Review

<https://www.brighthorizons.com/family-resources/helping-children-deal-with-change-and-stress>

<https://www.livingwellspendingless.com/change-is-hard-how-to-help-your-kids-handle-transitions/>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

