

How to Prepare Kids for a Big Change

1

Talk about what might look and feel different

Talk to your children about the changes they might experience at home and at school. Focus on how these changes could impact their daily routines and the people in their lives. Discuss what their new routines may look like, who will be there to support them, and what other changes they can expect. This can help kids feel more prepared and reassured when changes are occurring.

2

Identify what is staying the same

Talking about the things that are staying the same can help kids cope with the changes that are happening. It also helps kids realize that even when there are lots of big changes, there are still things that will stay the same.

3

Validate feelings and emotions

Acknowledge that change can be tough and that it's okay to take time to adjust. This lets your child know that what they're feeling is normal and perfectly okay. It helps them feel understood and less alone as they navigate through the changes.

4

Give choices

Offering kids choices can give them a sense of control in what might feel like an overwhelming situation. The choices don't have to be big—simple ones can help them feel more in control and independent. Just make sure the choices are ones they can actually make, and try not to overwhelm them with too many choices.

5

Provide space

After talking with your kids, give them some space to process everything. Let them know they can come back to you (or someone else) if they have questions or need to talk through their feelings. Remember, these conversations often happen over time, not all at once.

