

# 7 WAYS TO HELP kids cope with BIG LIFE CHANGES



## 1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them **time to process** and begin to accept the change.



## 2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them **work through the emotions** that they're feeling.

If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



## 3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to **help kids cope** with major life changes. Check out the Top 85 Growth Mindset Books for Children and Adults in our Growth Mindset Printables Kit on [biglifejournal.com](http://biglifejournal.com)



## 4. KEEP ROUTINES THE SAME

Give your child as much **consistency and stability** as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a **sense of safety**.



## 5. PROVIDE CONNECTION AND PLAY

Remain consistent is your child's **connection with you**. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



## 6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Give some **sense of agency** by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



## 7. TALK ABOUT OTHER CHANGES

Talk about things they **successfully coped with** in the past. They might include:

- Starting school
- Getting a new pet
- Joining the soccer team
- Going to first grade

