# TRANSITIONS AND CHANGES

Helping Young Children Adjust







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# Why Changes Can Be Challenging for Children











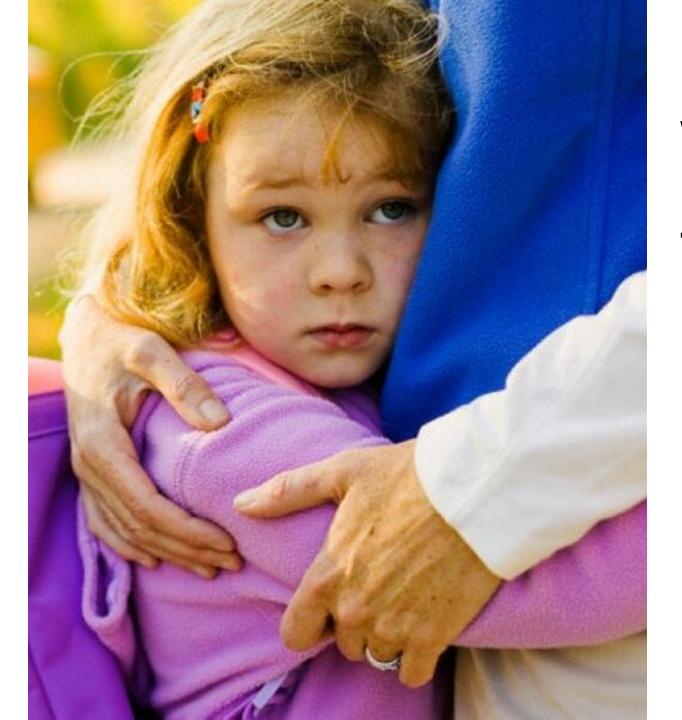


UNSURE HOW TO ADJUST

## Types of Changes Children May Experience

- Family Changes
- Routine Changes
- Caregiving Changes
- Moving or Environmental
  Changes

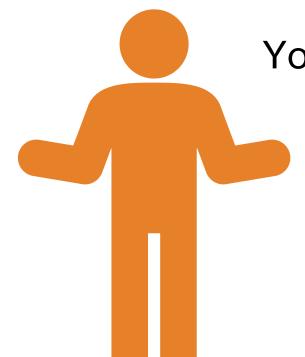




# When Children Feel Unprepared for Change

- Fearful
- Resistant
- Anxious
- Withdrawn

## How Children Learn to Adapt to Change



You are your child's first and most important teacher

- How do you respond to the unexpected
- How do you approach new situations
- How do you talk about change

#### **Talk About It**

- Give advance notice
- Use language child understands
- Talk about positives related to change
- Allow child to voice concerns
- Problem solve concerns together



#### **Practice It**

1

Read stories about the change

2

Make up scenarios about the change

3

If possible, break the change down to small components for role play

# Provide Visual Clues

- Picture board
- Photos
- Calendar



# **Keep It Light**

- Be positive
- Manage your own anxieties
- Develop a fun routine around change
- Praise baby steps



### **Patience**

#### Adjustments

- a. Take time
- b. May need your assistance
- c. May need tweaking

