

TRANSITIONS AND CHANGES

Helping Young
Children Adjust



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Why Changes Can Be Challenging for Children



UNEXPECTED



NEW



UPSETS
ROUTINE



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- Withdrawn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

