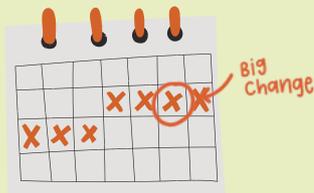


# Ways to Help Kids Cope with **Big Changes**

Your child needs to know that no matter what else changes, you're not going anywhere & neither is the bond you have together.

## Give Them **Time** to Prepare

Give your child plenty of warning that a big change is coming.



## Listen to Their **Concerns**

Take time to answer your child's questions and help them label all of their emotions.

I hear you say that you feel...

## Keep **Routines** the Same

Structure helps kids feel safe, so be sure to keep regular bedtimes, mealtimes, and routines.

## Provide **Connection**



Remain consistent by continuing to take the time to connect and play with your child.

## Give Them **Choices** and **Ask** for Help



"What color do you want to paint your bedroom at the new home?"



"Do you think your baby brother will like this star blanket or this striped blanket?"



"What outfit do you want to wear at your first day at the new school?"



# Big Changes



## Journaling Prompts for Parents

Life changes are inevitable, but if we pause and take the time to reflect on them, we can use these changes for our own personal growth.



What big life changes are you experiencing now? How are you feeling about these changes?



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Make a list of positive things, people, and habits that can help support you as you go through this period of change.



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How will this change affect your child? As a parent, what steps can you take to support your child as you both go through this transition?



## EPISODE 69 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- find out how to deal with life's **big changes** with gratitude.
- understand that **change** doesn't have to be scary.
- learn about the blind explorer who traveled far and wide to **face life's challenges** head-on.

### CONVERSATION STARTERS

- What did Zara name the two-headed aquatic animal she discovered?
- Erik's story taught us that even if your life takes a different turn or a change that you didn't plan for, you can always find a new way to have fun. Can you think of a recent situation where things didn't work out how you thought they would but you still had fun?
- If you could take a time machine to your past, when would you want to go?

### TRY THESE ACTIVITIES

- Try out the "In Or Out of My Control" printable available in our [Resilience Kit](#). The printable is a helpful reminder for your child when they face big life changes. Even when things are overwhelming, there are still things they can do to feel in control and move forward.
- Watch one of these "[Top 15 Movies About Change and Growth for Children](#)"
- Talk to your child about changes they've previously coped with successfully. Ask them questions such as "what did your child learn from each experience? How did they get through it, and what coping skills have they learned?" Discuss the idea that every time your child experiences a big change, they're stronger and more prepared for the next one.

Listen to **Episode 69: Zara and Leo are all GROWN-UP! Is it time to say goodbye?** on Apple, Spotify, Google, and most podcast platforms.



# Resilience Kit

Ages 5-11

Our Resilience Kit is a collection of printable worksheets, posters, activities, and colouring pages designed to help children develop grit, resilience, and perseverance.

"It has been a great tool to remind kids to never give up and always have dreams, no matter how challenging the journey might be to achieve them."

- Phoebe F.

★★★★★



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