

Coping with Change

Listen & Communicate



Keep the lines of communication

open by regularly checking-in and talking about any upcoming changes. Talk through what any new routines might look like.

Support Yourself



Look after yourself so that you're in

the best position to support your child or young person. Talking to other parents/carers who are in the same position can really help.

Think Ahead and Plan



Helping your child think ahead in terms of what they might need or planning in time to do a dummy run to a new school/setting could help ease any nerves.

Problem-Solve It!



Problem-solving is a skill for life. Identify any problems, think of solutions, consider the positives and negatives for each solution. Choose a solution and try it out.

Keep Learning



Find out more about social media, the latest apps and the current language and slang so you can stay involved and connect with your child.

Be Vigilant



Keep a look out for signs they may be struggling. Allow a settling in period but if you notice changes in your child's mood or a reluctance to go to school/setting encourage them to talk about it.

Getting Support

If you feel change or transition is causing anxiety for your child or young person in a way that it is impacting on their daily life, consider referring them to our service for some support.

Email: afcsmdd.adminchanginglives@nhs.net

