

# 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: [afcbmdd.adminchanginglives@nhs.net](mailto:afcbmdd.adminchanginglives@nhs.net)**

