

Be kind to yourself and each other.

Keep lines of communication open

React out and ask for help



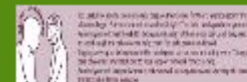
MANAGING CHANGE

Change can be good or bad. It depends on the person and the situation.

Good or bad change requires an adjustment of some kind; this takes energy. If the demands are too great, it can drain you and create stress. Unmanaged stress can cause physical and emotional problems.

you may not be able to control the change itself. So, the key to coping with change is to gain control of your response to it as much as possible. That's when adjusting your attitude toward change can help.

TRANSITION



"I've been in the business for 10 years, and I've learned a lot. I've learned that the only way to succeed is to be the best. I've learned that the only way to stay motivated is to set goals. I've learned that the only way to grow is to take risks. I've learned that the only way to win is to never give up."

2. Give babies the safe method of feeding, as in 1c.



1. *What is the main purpose of the text?*
 2. *What is the author's attitude towards the topic?*
 3. *What is the main idea of the text?*
 4. *What is the author's main point?*
 5. *What is the author's main argument?*

For a free, no-obligation audit, visit us! It's our best way to help you.

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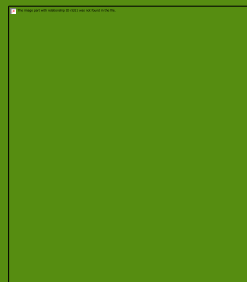
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How to Cope when Things Feel Out of Your Control

Imagine what a role model or admired friend would do in the same situation.

Write down your thoughts. Stress can make us think negative thoughts about ourselves.

Talk to others about how you're feeling.



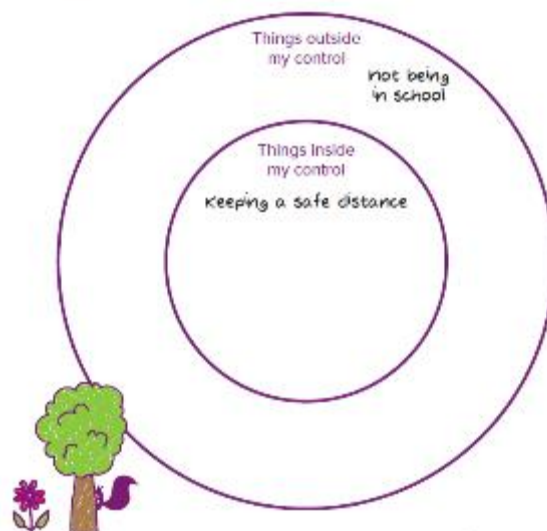
Some of the things that have changed are:



Inside/Outside of Your Control

Think about the examples we've given you. Some of them you can do something about (they are in your control) and others you can't (they are outside of your control).

Add them to the circles below and think of some of your own ideas too. We've put in a few examples to help you.



Thinking about Change

When changes happen, sometimes we can do things to help us feel more positive. Think of something that has changed for you recently. What was it? How do you feel about it? What could you do to feel better about it?



What changed?



How do I feel?



What can I do?

Helping your child to manage change through COVID-19

Today I feel...

Some words to describe
how I feel now are...

My face looks like...

My feeling is...

- ☐ Comfortable
- ☐ Uncomfortable
- ☐ A bit of both

My body feels:

Heavy Hot Relaxed
Tight Fast heart
Shaky Calm
Butterflies

I think I feel this way because...

Remember
It's OK to feel ALL
feelings. There is no
such thing as a
BAD feeling!

Wall of Worries

We all feel worried sometimes, lots of different things can
make us feel worried. If something is worrying you, write
it down on a brick on your wall. Is there someone you can
share your worry with?





- It's useful for adults to emotionally prepare themselves for the 'transition storm' that is about to begin. Put your seatbelt on and hold tight! The child needs you to be grounded.
- Remind yourself that the child's behaviour is a sign of their inside pain, and they need you to see through the behaviour to help them feel safe, secure and loved.
- Digging down past behaviours to the inside pain, can be hard and tiring work. Take good care of yourself and reach out to your support network for extra help.
- Remind yourself that punishments, withdrawal, consequences and shaming will make the transition harder for everyone.

- Help the child to see the storm coming too. Say "the end of the school year can be a tricky, I'm here to help you through it"
- Help the child name the feelings that they have no words for. Try "I wonder if your 'moving up day' feels pretty scary right now?" or "When things are different like this, I wonder if it makes you worry about being left behind?"
- Help make connections between their behaviour and their feelings, try "When you run away like that it makes me wonder if you don't know where to be to feel safe? You are safe right here".



Children feel fear in their body. Help the child's body to calm by:

- Doing short bursts of physical activity (star jumps, wall push ups, walking, running) frequently
- Playfully ask them to breathe deeply in the mornings and evenings – e.g. blow bubbles, blow away the feelings
- Do body calming activities with them
- Use sensitive touch to let them know you are there. Touch can be a great calmer.





Tell the child the things they need to hear, don't wait for them to ask you because they don't know what they need! **Tell them:**

- How much you care
- That you are not going anywhere
- That they are in your mind even when not in your class/not at home
- That they are safe and protected
- That they will not be taken away
- Tell them what is going to happen that day if the routine is different - use pictures and 'steps' to prepare them.
- Remind them throughout the day what is going to happen and when
- Keep to as much of the usual routine as you can

Use 'transitional objects' to let them know that you are connected, even when apart. How about:

- As a parent, draw a little heart on your hand and the same heart on your child's hand as they go off to school.
- Give your child a special stone, or photo to hold on to at school that reminds them of you
- Teachers – give the child a 'transition card' – a piece of paper with a special message that they look after until you see them again.
- Let the child use their special teddies whenever they need to



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