

SUPPORTING OUR CHILDREN DURING CHANGE

Change is inevitable but for some children this can lead to feeling unsettled.

SOME CHANGES MAY INCLUDE;

Clinginess – not wanting to leave you at the class door

Bedtime/sleep interruptions

Defiance, refusal to follow instructions, answering back

Toileting accidents despite being fully toilet trained

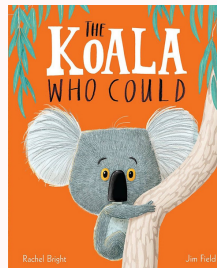
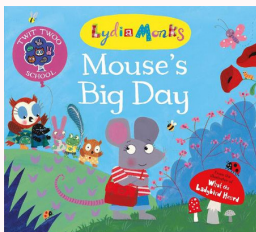
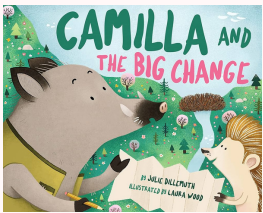
Big emotions, meltdowns, tantrums

Young children may lack the vocabulary to express concerns or worries they may have around school transitions. Instead, we may see changes to their general behaviour.



Not all children deal with change the same. Neurodivergent children with ADHD or Autism may face greater barriers.

Books to share; Mouse's big day by Lydia Monks, The Koala who could by Rachel Bright, Camilla and the big change by Julie Dillemath



WAYS YOU CAN SUPPORT AT HOME;

Acknowledge their feelings, validate them and allow them to express the feeling safely

Allow time to reflect/chat about feelings/concerns

Maintain routines and boundaries

Keep the conversation positive; change happens as we grow, they will be fine, they will have fun, make friends and be okay.

Role play

Read/share books about change

If you need any other help or support please let the school know.