



How to Help Your Child Cope with Change at Any Age

No matter what change you are trying to help your child cope with, one thing is for certain – **structure and routine are key!**



Toddlers (1 - 3 years)

- Offer extra cuddles and physical comfort.
- Use simple, reassuring language.
- Make sure they have their favorite snacks.
- Let them use familiar plates and cups.
- Use familiar toys, scents, bedding.



Preschoolers (3 - 5 years)

- Read them stories that mirror the changes they're experiencing.
- Initiate pretend play to explore emotions and help them process change.
- Use visual schedules to help them move through the day's routine.



Elementary Age (6 - 12 years)

- Involve them in the transition process.
- Talk openly about their feelings and allow time for them to adjust.
- Keep them involved with their favorite activities or toys, and provide opportunities for free play.



Teens (13 - 18 years)

- Validate their complex emotions.
- Encourage peer connection and support.
- Involve them in planning and give them responsibility where appropriate.
- Allow appropriate opportunities for control and independence.