

*DEALING WITH BIG  
TRANSITIONS:  
HELPING YOUR  
CHILD ADAPT TO  
CHANGE*

*Guide*

**Supporting Your Child Through Life Changes  
with Confidence & Comfort  
MG Global Coaching Academy**



## **Dealing with Big Transitions: Helping Your Child Adapt to Change**

### **Why Change Feels Hard for Children**

Children thrive on routine and predictability. Big transitions like moving, starting a new school, family changes, or even adjusting to a new sibling can feel overwhelming. Supporting them through change helps build resilience, confidence, and emotional security.

### **Common Signs of Transition Stress**

Increased clinginess or anxiety about small things.

Mood swings, tantrums, or sudden emotional outbursts.

Sleep disruptions or difficulty settling down.

Avoidance or resistance to the new situation.

Expressing fear, worry, or asking repetitive questions about the change.

### **How to Help Your Child Adapt to Change**

**Prepare Them in Advance.**

Talk about upcoming changes early and often.

**Acknowledge Their Feelings.**

Let them know it's okay to feel nervous, excited, or unsure.

**Offer Reassurance.**

Remind them that they are safe and supported no matter what.

**Create Familiarity.**

Keep some routines, items, or habits the same to provide a sense of stability.

**Use Positive Framing.**

Focus on new opportunities rather than loss (e.g., "You'll meet new friends!" instead of "I know this is scary.").

## Helping Children Express Their Feelings About Change

### Encourage Open Conversations

"What's one thing your excited about? What's one thing that feels hard?"

### Let Them Express Through Play

Role-playing with toys can help younger children process emotions.

### Use Storytelling

Share books or personal stories about times you adapted to change.

### Make a Transition Journal

Let them draw or write about their experience. Building Resilience for Future Changes

### Teach Adaptability

"Things change, but we always find ways to adjust."

### Celebrate Small Wins

Acknowledge their bravery in facing change.

### Model a Positive Mindset

Your calm, supportive presence helps them feel secure.

### Reassure Them That They Are Not Alone

"No matter what changes, Ill always be here for you."

Final Words of Encouragement Change is a natural part of life, and every transition is an opportunity for growth. By offering support, reassurance, and stability, you help your child develop confidence to handle any change life brings. If you need further guidance, MG Global Coaching Academy is here to support you