

HELP YOUR CHILD COPE WITH CHANGE!

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ENGAGE

Take some dedicated time to listen to your child. Ask them to tell you how they feel, especially if they seem stressed. Don't be angry. Let your child know of a time you had to face change (big or small) and what that was like. Think about sharing something relatable to your child for his/her age.

BE CALM

Remember, it is okay for you OR your child to have a bad day. You both are stronger than you think you are! Take a deep breath, take a break, or put your arms around each other.

COMMUNICATE

If your child is having a hard time coping with changes in school, missing friends or family, or differences from their normal routine, understand that children see the world differently. Communication can help your child process their feelings. Talk with professionals who care for your child.

CONNECT & PLAY

Artwork, reading, playing a game, and being silly can help connect and reinforce your child's energy into something positive. Sometimes we all need to simply escape or be distracted at least temporarily. Let your child know that's OK. Joining in with them helps your own perspective and mental health.

WORK TOGETHER

Does your child have changes in their feelings, thoughts, or behavior? Encourage your child to discuss their feelings on the situation or change. Listen and allow your child to express their thoughts and feelings.

This resource is brought to you by United Way of Madison County and its sponsors for the Madison County, AL 2020 Jumpstart Read for the Record event. We invite you to visit Facebook and join in with your 3-8-year-old to hear the story, "Evelyn Del Ray is Moving Away by Meg Medina". It can help you and your child talk about and deal with change.

Need help beyond what you can do?

Call United Way's 211 hotline for referrals to organizations in the community that are experts in both adult's and children's and youth's physical and mental health, parenting, grieving, dealing with stress, basic needs, and more.