

COUNSELOR'S CORNER

Hatboro-Horsham School District – Elementary Division

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Topic: *Change Happens*

Change. One of the many things in life that is inevitable. We as adults have learned this through time and experience. Trying to cope with change can be hard on anyone of any age. Here are some ways to help:

1. Talk

Seems simple enough right? But all too often we as adults forget that our children need us to talk to them about what's going on in their lives. It is important not to ignore the changes and expect your child to figure things out on his or her own. Acknowledge all of your child's new changes. Let them know you realize how hard it can be to get used to new things. Give them a few examples of how you felt during changes in your younger years.

2. Listen

When your child is ready to talk (this may take time for some children), be sure to give them your ear. Letting them know you are there for them can make them feel more secure in their feelings. Make it a point to put down the phone, make eye contact, and truly show them you are interested in what they have to say.



3. Let Them Be Upset

We all have emotions in response to change and children are no different. For most of us, there has been at least one time in our lives where we felt the need to have a good cry. Little ones need to be able to express their emotions just like adults do.

4. Keep A Routine

While it may not be the same routine as before, try to keep it similar. Children thrive on routine because it makes their daily lives feel predictable. Children need that type of predictability to feel secure, happy, and healthy. Without structure, our children will feel a sense of chaos which only breeds more stress.

5. Focus On The Positive

Even if your family's new changes circle around negative situations, it is always important to look on the bright side for your child's sake. Oftentimes children feed off of the adult's emotions. If you are constantly talking about the negative aspect of your new lifestyle, your child is going to do the same. To help ease their stress and anxiety, focus on the positive!

