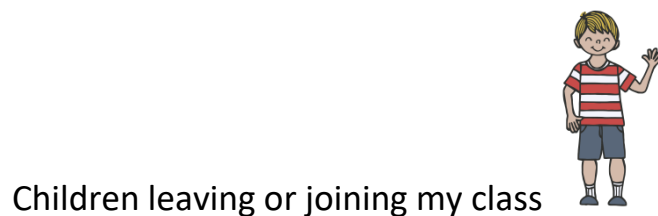
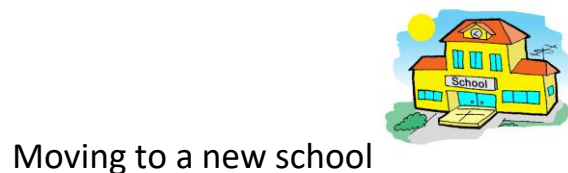
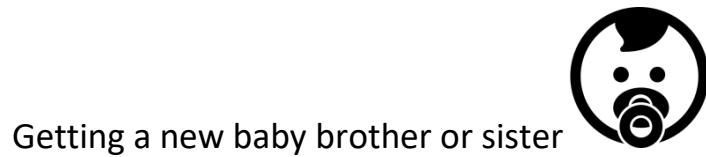


Changes

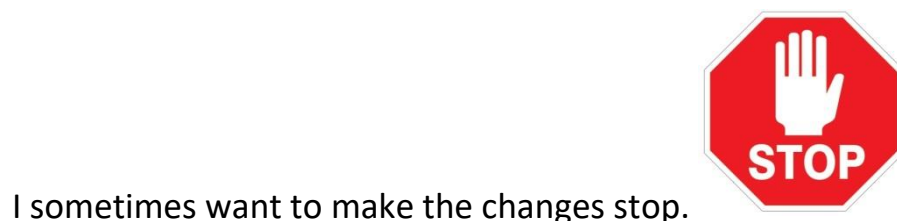
Changes happen to everyone in their life

Some important changes for children are:



Changes happen in life when grown ups (usually parents and teachers) make decisions.

When grown up's make decisions and when changes happen I can feel like I don't have control.



What Happens to me when Changes are Coming?

When changes are going to happen or have happened I can feel worried or



frightened

When I get worried

I might go quiet and not tell anyone

Try to avoid the changes by missing things (like missing school or activities)



I might get angry with other people



This won't help me sort my worries out.

What can help when changes are coming?

I can remember that:

Changes happen to everyone in their life.

Everyone can feel worried and scared about changes. It's ok to feel worried about changes -its normal.

How Can Change feel better for me?

When things are changing:

I can talk to my grown-ups about the change that is going to happen.



I can tell my grown-ups I feel worried.

I can get information about the change that is going to happen. I can get the facts.



My grown-ups can write the facts down for me.

Getting the facts helps me get ready for changes.



This is a smart thing to do



This can help me feel less worried and more happy