

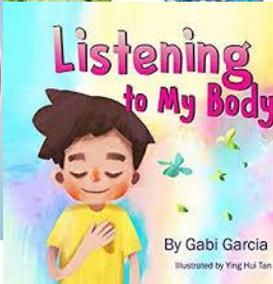
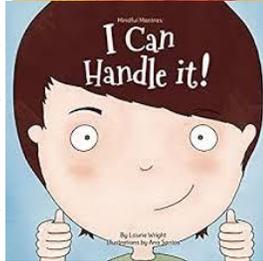
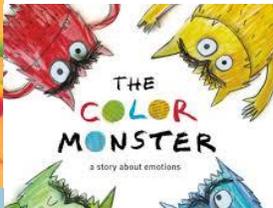
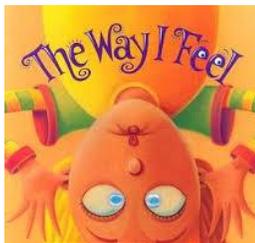
# COUNSELOR'S CORNER

Central Bucks School District – Elementary Schools  
Social-Emotional Learning (SEL) Newsletter  
August/September 2020

## Topic: Adjusting to change

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

### Books



### 1. Keep a routine

While it will not be the same routine as before, try to keep it similar where possible. Children thrive on routine because it makes their daily lives feel predictable. Children need predictability; it helps them to feel secure, happy, and healthy. With no structure, our children will feel a sense of chaos which creates even more stress.

### 2. Talk

Sounds simple, right? Often as adults, we forget that children need us to talk to them about what is going on in their lives. It is important that we do not ignore the changes and expect our children to figure them out on their own. Acknowledge all your child's new changes. Assure them that you understand how hard it can be to adjust to change. Give examples if you can.

### 3. Let children feel their feelings

We all have emotions in response to change; children are no different. Let children express their emotions – sadness, frustration, disappointment, anger. Reassure them it is normal to have these feelings. With your child, identify three or more specific coping skills for your child to respond to these feelings.

### 4. Listen

When your child is ready to talk – this may take longer for some – be ready to give them your attention. Letting children know you are there for them can make them feel more secure in their feelings. Make sure technology (and phones) are put down and keep eye contact – your child will know you are truly interested to listen.

### 5. Focus on the Positive!

Even if your family's new changes circle around negative situations, it is important to look on the bright side. Children often feed off of adults. If we constantly talk about the negative aspects of our new lifestyle, our children will likely do the same. To help ease their stress and anxiety (and your own), try to focus on the positive!