

# Thrive 365 #23

## Did you know?

The definition of 'transition' is 'the process of changing from one state to another'. At the moment, there are transitions happening for many people as we begin to go back to work or school, or even prepare to go to new schools. It's important to keep in mind that all periods of change in a person's life can cause feelings of stress, anxiety and bring up emotions that children may need support identifying and navigating.

## What can you try?

### 1. Empower them

If your child is starting a new school in September, show them how to find answers to some of their questions by exploring the school website with them; walk them through the journey to school in the holidays so that it's familiar; get them to practise unpacking and packing equipment into their bags – they need to be quick at the end of lessons! You can also encourage them to make lists of things they need to remember or things they need to find out. Then show them how once they've identified the things that are stressors, they can work through and tick them off one at a time.

### 2. Question the questions

Anxiety surrounding change can come with a lot of 'what ifs...' Having ideas about how to respond to situations will lessen the worry and build confidence, so explore the what ifs and think of what actions you could take for each one. It can be helpful to keep as many other things the same as possible, so things like regular meals times, limited phone time and bedtimes form a comfortable routine that limit the impact of other changes.

### 3. Share

Listen to how they feel and give examples of when you've felt a similar way. This allows you to show them that their feelings are normal, that you are listening and taking them seriously. It also lets you give them words to label the feelings and explain what you did to deal with tricky times. Most important are regular chats with your child, where you can reassure them that 'big changes' are always difficult to deal with and so their 'big feelings', which can be overwhelming, are perfectly normal.

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

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