



Counselling Corner

Transitions

Every day our children deal with many transitions.....getting up in the morning, going to school, saying goodbye, changing activities.... Sometimes they must deal with life changing transitions.....

new schools/communities, divorce, new babies, loss of someone or something they love.

Transitions often involve a loss of some kind.

Children often respond to transitions by whining, getting angry, refusing to comply and then the adult often responds to this by whining, getting angry, giving in, or cajoling.

Instead try these.....

Give your child your full attention, listen with your heart.

Respond with empathy recognizing that your child may feel a sense of loss.

Help your child gain a sense of control by involving him/her in decision-making.

Create a ritual to create predictability.
Offer soothing and calming activities.