Parent Tips

Help your whole family feel hopeful and excited as you adjust to another change together.

Developing a positive outlook on change — and framing it as another family adventure — benefits everyone. Modeling an optimistic attitude for your children will go a long way in building their confidence to “weather the changes”! Consider these tips and strategies:

Stand Like a Superhero To help your child “rehearse” for success in challenging situations, invite her to join you in the superhero pose: hands on hips, head held high, strong stance (feet hip-width apart). Then call out: I am strong! I am brave! I am an adventurer! You can even use a towel or blanket as a cape. (But even superheroes need a break sometimes. Remember to take care of yourself and you’ll be better able to care for your family!)

Adventure Talk Discuss the upcoming (or ongoing) change together by saying things like:

- Wherever we go, we’ll make it an adventure.
- We’ll find the fun together.
- We’ll meet new people and explore new places.
- We’ll grow stronger!
- We’ll do what needs to be done, because that’s what we do.

JUST FOR KIDS

We’re in This Together Print this page to take an “adventure pledge” as a family. Invite your child to color it in, then post on your refrigerator or near your dinner table.

Bravery Badges Print out these badges and invite your child to color them. Then cut them apart and give your child one when she needs a little extra reminder that she has what it takes to meet a new challenge!

Color My World Print a black-and-white map of your new neighborhood or city from the Internet and invite your child to color it using any colors he likes. Put it up on the refrigerator to show your child: “this new place is yours.”