

# How to Help Your Kids With Big Adjustments

(by Charity Ritter)



Change is hard, and most people out there don't like big life ones. They can be scary, they can disrupt the order and routine in your life, and they come with a lot of questions. Big life changes can be very hard for many adults; however, they may be even harder for kids, who can't quite grasp or understand the reason behind them.

When you make big changes in a child's life, they'll likely be scared, confused, and may even feel helpless or as though they don't have a say in what's happening. As a parent, or the important person in your child's life, you're in a perfect position to help him or her adjust to anything life throws their way. Whether you're moving to a new state, a friend is moving away, or a sibling is going to college, here's how you can help your child with any big adjustment in their life:

## **Prepare them.**

No one likes to be blindsided. Whether you have teens or young ones, make sure they are aware of the change that's about to happen and do your best to help them understand why it's happening. Give them ample time to prepare, both mentally and physically. The more upfront, straightforward, and honest you are with your children, the easier the transition will be. Try to talk to your child about the challenges that may arise in the new situation and ease their mind that everything will be okay. The more prepared they are, the better they will be able to adjust.

## **Do your research.**

Be prepared to talk your child through everything that is happening. The more prepared you are, the more prepared you can help your child be.

## **Answer their questions honestly.**

There's no doubt that children will have questions about whatever new situation awaits them. Maybe they're going off to college and are nervous about what their experience will be like. It may help to tell them about your own experience. Be honest with them. Even if your kids are young, being open and honest will not only make any transition easier, it will also let them know that you respect them enough to answer them openly and this will help to build

their trust in you. When going through a big change, your child needs to know they have someone on their side who they can talk to. This will help make them feel that way.

**Keep as much the same as possible.**

If possible, only give your child one big change at a time. Too much all at once will likely overwhelm them. While one area of their life may be drastically changing, try to keep everything else as normal as possible.

**Let them be upset and take time to adjust**

It's not unlikely that when your child first learns of some adjustment they'll need to make in their life, they might be upset. Everyone needs time to adjust to news and new situations. If your child isn't happy with what's changing, that's ok. It doesn't mean they won't be happy eventually. Either way, give them time to adjust to what's happening in their lives. Don't try to talk them out of being upset or angry. Just let them feel what they feel.

**Get them excited.**

Many times, change can be fun. Whatever it is that's happening, talk to your child about all the good things that will come of it. Moving to a new city? There will be so many new places to explore and new friends to make. Sibling going off to school? Now you'll get so much more time with mom and dad. Keep yourself positive and excited and hopefully that enthusiasm will rub off on your child as well.

**Give them the option to talk to someone else.**

Maybe you can't make your child feel better about the big change that's happening. That's completely okay. Give your child the option of talking to someone else, who may be able to help guide them through a tough or challenging time. Children can sometimes feel more comfortable talking to someone other than a parent, so if they need it, make sure, to give them that option. You can also look in your area for a professional that specialises in counseling children.

Having kids can be the biggest change that happens to anyone, and for the next 18 years, those children will also go through many changes for the first time – friends moving away, siblings going off to college, moving to take a new job. These things may seem like a very normal part of life – and they are – but it's important to remember that for your kids, these new experiences are the beginning of a brand new kind of normal, and something that might take a little time to adjust to.

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