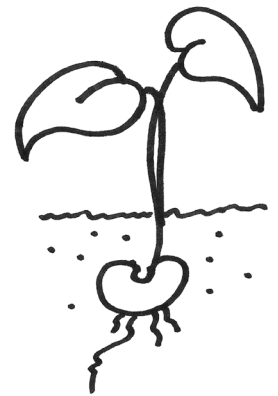


Everything changes

To help your child understand and cope with change.

Green fingers

- Plant seeds with your child (cress, sunflower seeds and runner beans all grow quickly)
- They'll be able to see them growing and changing day by day.

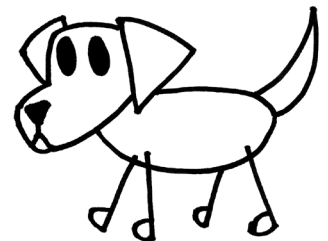


Family albums

- Look at family photographs with your child.
- Talk about how the people in the pictures have changed over the years.
- If there are pictures of people your child does not know, talk about them and what they were like.

Life changes

- Choose a favourite animal and search for pictures of it on the internet at different stages in its life cycle.
- How does a baby animal look different to an older one?



Read books about change. Visit www.partnershipforchildren.org.uk to see our lists of Good Books for Tough Times.



To help your child understand that we all change over time.

You will need



Arrange for your child to spend time talking to an older person they like and trust- a grandparent, perhaps, or an elderly neighbour. Below are some suggested questions and space for your own questions.

My name _____

My senior friend's name _____

1 Where were you born? _____

2 Where did you grow up? _____

3 What was your favourite food as a child? _____

4 Where did you go on holiday and how did you get there?

5 Who was your best friend when you were younger? Did you stay friends?

6 What was different when you were my age?

7 _____

8 _____

9 _____

Helping a friend

To improve your child's abilities to help others who have experienced a loss.

You will need



Help your child think of lots of different things they could do to help a friend who has experienced a loss to feel better. Write or draw the ideas in the thought bubble.

Invite them to play

Give them a hug

Let's talk...

Share a time if you have had a friend who has experienced a loss and what you did to help them feel better.

The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else



To help your child understand that change can be positive and negative.

You will need



Ask your child to write or draw what is about to change. Take it in turns to suggest what might happen, and decide whether they will be good or bad things. List them in the columns below.

Change

Bad

Good

Let's talk...

Talk to your child about what they could do about the bad changes.

Use this activity when your child is about to face a major change - having a new brother or sister, moving home, going to a new school etc.



To help your child cope with situations involving grieving and loss

You will need



Draw, write or make a collage of memories and times spent together with the person who has died. You could take this to the cemetery if you want.

A large, empty rectangular box with a thin black border, intended for a child to draw or write their memories.

You can adapt this activity when your child has to cope with other significant losses - a friend moving away, a pet dying.