

HOW TO SUPPORT YOUR CHILD'S SOCIAL & EMOTIONAL WELL BEING

ACTION #3: HELP YOUR CHILD ADAPT TO CHANGES

| Birth-5 Years | 6-10 Years | 11-15 Years | 16-18 Years | 19-24 Years |
|--|---|---|---|--|
| <ul style="list-style-type: none"> Know that how you adapt to change influences how your child adapts to change. Follow a predictable routine each day – the security of the routine makes other changes easier for them to cope with. Share information – tell your child what is happening during the day so they know what to expect. Give them notice when a change is coming e.g. bed in 10 minutes. Always say goodbye & tell them when you'll be back. Let your child help you to get their things ready for the next activity – helps them to plan for change. | <ul style="list-style-type: none"> Know that how you adapt to change influences how your child adapts to change. Follow a predictable routine each day – the security of the routine makes other changes easier for them to cope with. Share information – tell your child what is happening during the day so they know what to expect. Give them notice when a change is coming e.g. homework in 15 minutes. Always say goodbye & tell them when you'll be back. Help your child get their own things ready for the next activity – e.g. pyjamas for bed, school bag the night before, swim gear etc. Add in a job in the house for them to do – this helps their self-reliance and coping skills. | <ul style="list-style-type: none"> Know that how you adapt to change influences how your child adapts to change. Follow a predictable routine each day – the security of the routine makes other changes easier for them to cope with. Share information – talk to your child about upcoming changes e.g. secondary school. Ask them to identify the positives and negatives, and chat about them. Give them notice when a change is coming e.g. screen time off in 30 minutes. Always say goodbye, and agree when they should come back. Encourage your child to prepare what they need each day. Agree a rota jobs for them in the house – this builds their self-reliance and coping skills. Let them learn how to do it. | <ul style="list-style-type: none"> Know that how you adapt to change influences how your child adapts to change. Maintain your routine each day – even if they drop in and out of it. The security of the routine makes other changes easier for them to cope with. Share information - acknowledge that your child can now do many things without your permission/ consent, give them info they might need – GP etc. Consult with them/agree rules about when they can come and go. Agree a rota jobs for them in the house – this builds their self-reliance and coping skills. Let them learn how to do it. | <ul style="list-style-type: none"> Know that how you adapt to change influences how your child adapts to change. Negotiate/agree your routine each day/week in your house. They'll know they can fall back on something familiar if they need to. Share information – give your opinion/advice if asked, and say you'll help them get info they need if you don't have it. Consult with them/agree rules about when they can come and go when in your house. Negotiate/agree rules for shared-living when in your house - this maintains their self-reliance and coping skills. |



Some helpful websites include:

- www.parenting24seven.ie
- www.helpmykidslearn.ie