



# COPING WITH CHANGE AND TRANSITIONS

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

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## ABOUT THIS TALK:

**Change is a constant in life, and more so in a place like UAE. As parents, it is our job to help our children navigate through it.** Whether it's moving to a new home, adjusting to a new school, or coping with a family member's illness, change can be challenging for both parents and children. While we can't always control the changes that happen in our lives, we can control how we respond to them.

## ATTENDEES OF THIS TALK WILL WALK AWAY WITH:

- The difference between change and transitions
- A framework of the stages of transition, and an understanding of some of the emotions your child may experience during the different stages
- The top five needs of children during times of change
- Strategies for helping your family navigate and cope with change and uncertainty.

