



Helping Kids (and Parents) Handle an Emotional Shift



Life doesn't always go according to plan. A move to a new school, changes in friendships, family transitions, a parent's new job, or even the start of a new school year can create emotional shifts that leave both children and adults feeling unsettled. While we can't prevent change, we can help children build the resilience they need to navigate it with confidence.

Children often express emotions differently than adults. A child who seems unusually quiet, irritable, clingy, or emotional may be struggling to process a recent change. Rather than assuming they're "acting out," consider what they may be feeling underneath. Sometimes a listening ear is more helpful than having the perfect answer.

One of the most powerful ways to support children is by keeping routines as consistent as possible. Familiar mealtimes, bedtime rituals, and family activities provide a sense of safety when other parts of life feel uncertain. Encourage children to talk about their feelings, and let them know that it's okay to experience sadness, worry, excitement, or even mixed emotions during times of transition.

Parents experience emotional shifts too. Children often look to the adults around them to understand how to respond to change. Taking care of your own well-being by getting enough rest, staying connected with supportive friends or family, and practicing healthy coping skills helps model resilience for your child.

Remember that resilience doesn't mean never feeling upset. It means learning that difficult emotions are temporary and that challenges can be managed one step at a time. Every conversation, hug, bedtime story, or shared laugh helps build emotional security.

Family Wellness Tip

Try a simple daily check-in by asking, "What was one good thing about today, and what was one hard thing?" Giving every family member a chance to share helps normalize emotions, encourages open communication, and reminds children that they never have to handle life's changes alone.