

HELPING CHILDREN THROUGH LIFE'S TRANSITIONS

It's always important to help your child through significant life transitions and the end of a school year is a perfect example. Maybe your child is moving to a different classroom or attending camp with another teacher or counselor – why not help them mark the milestone. Here are a few ideas:

- Let your child make a thank you card for her teacher. Write down all the words she tells you, if she's not yet ready to write.
- Make a “graduation diploma” for your child and present it to him on the last day of school. Hang it in a prominent place at home.
- Create a new end-of-the-school-year family tradition to mark the occasion. Perhaps you could have a special annual dinner or family outing.
- Throw a pizza party for the kids in your child's classroom.

If your child is struggling with feelings of loss or anxiety about an unknown future, for a period of time you may see an increase in behavior problems or a tendency toward regressive behaviors (thumb-sucking, pants-wetting, etc.). This is completely normal. Please “cut your child some slack” and give them the time and support needed to work through these issues.

Stay consistently firm self. Don't overreact. In quieter moments, make sure to express your sympathy or empathy to your child and provide some extra snuggles.