

# Adapting to change

Change is happening all the time and can be both exciting and challenging. During the Covid-19 pandemic there have been numerous changes to routines and schedules that have people of all ages trying to keep up. As health guidelines adjust to protect our safety, the number of sudden changes can become overwhelming. There are ways you can support your youth through these changes and grow together in the process.

**Change can be difficult but there are steps we can take to reduce stress and regain a sense of security.**



## What we know

- \* Change brings uncertainty. It is normal to feel stressed or anxious. It is also an opportunity for growth.
- \* Children are generally adaptable to change and flexible in nature.
- \* It takes energy for our bodies and minds to adapt to change.
- \* School-aged children who are sensitive, easily worried, or who have developmental delays may need extra support to adjust to changes.
- \* During times of change, it is especially important to build a sense of safety, belonging, and purpose.

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## What you can do

- ✱ **Take care of yourself**  
Getting enough sleep, eating healthy foods, and exercising can restore you and model good self-care for youth.
- ✱ **Have a conversation**  
Routinely talk with your youth about what is changing and how it will affect them. Try to answer any questions they have. Talking through changes helps them develop new strategies to problem solve and adapt.
- ✱ **Find an anchor with what is the same**  
Youth of all ages thrive on consistency. Follow a regular daytime and night-time routine. Point out things that have not changed.
- ✱ **Give them a sense of control**  
You can help your youth feel empowered and capable. Give them plenty of opportunities to make choices. Ask for their opinions and ideas. Invite them to help you with projects or tasks.
- ✱ **Listen and focus on the positive**  
Youth may need to process what they are feeling and express sadness, disappointment, or frustration. Accept their feelings. If you guide this journey through a lens of positivity, it can lead to opportunity and building resiliency as a family or group.



## More for you

Caring adults are key to helping young people thrive. There are so many ways you can support the youth you care about.

Find additional tips and resources by visiting



[go.wisc.edu/youthtoolkit](https://go.wisc.edu/youthtoolkit)