

## This month's wellbeing edition is linked to: Embracing Change: Supporting Transitions with Confidence

### Helping young children feel secure and supported through life's little shifts

For young children, transitions can feel enormous—from moving up a year group to making new friends or adapting to different routines. As parents and carers, your calm presence helps your child feel secure. Let them know it's okay to feel unsure, and remind them of times they've managed change before with courage and success.



You don't need to have all the answers –just being there, listening, and encouraging their confidence makes a big difference. Keep routines consistent where possible and celebrate small achievements. Facing change together can build a sense of trust and help your child feel more in control.

**Fun Fact to Share at Home:**  
***“Did you know? Children are naturally good at adapting to change – reading stories, trying different foods, going to new places can all help support change!”***

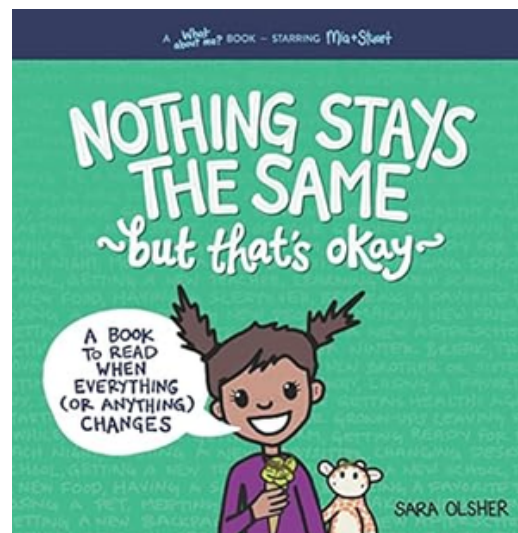


## "Useful Website!"

Dealing with change  
We all experience change throughout our lives. Some changes we might experience are:

- *starting a new school or class*
- *changes in our friendship groups*
- *moving house*
- *having a new brother or sister*
- *losing something or someone important to us*

## Useful Podcast of month:



## "Book of the month!"

Kids and grown-ups have lots of fears, but the "unknown" edges out pretty much everything else. When something changes in a child's life, life goes from predictable and safe to confusing . . . and kinda scary.



"Every new beginning is a chance to grow, just like seeds turning into sunflowers."

– Inspired by EYFS teaching themes

