

Everything changes

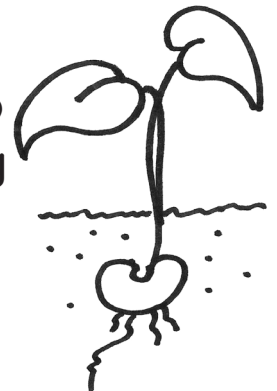
To help your child understand and cope with change

Family albums

- Look at family photographs with your child.
- Talk about how the people in the pictures have changed over the years.
- If there are pictures of people your child does not know, talk about them and what they were like.

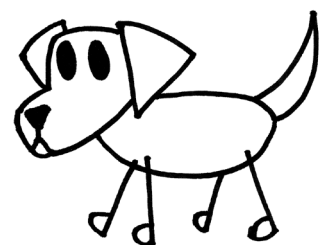
Green fingers

- Plant seeds with your child (cress, sunflower seeds and runner beans all grow quickly)
- They'll be able to see them growing and changing day by day.



Life changes

- Choose a favourite animal and search for pictures of it on the internet at different stages in its life cycle.
- How does a baby animal look different to an older one?



Read books about change. Visit partnershipforchildren.org.uk to see our lists of Good Books for Tough Times.