

Thinking through changes

Talking Families

Changes of all shapes and sizes can shake us up a bit.

So it's important to take time to reflect and think about what strengths and supports we have to cope with change. This resource has been made to help you and your kids do just that! Fill it out on your own or together. Keep a second copy and fill it out again in a few months time to see how things have changed.



What's a change you and the kids are going through? Write it down below together.

A large, white, irregularly shaped area intended for writing, set against an orange background. On the left side of this area is a pink leaf illustration, and on the right side is a blue leaf illustration.

Changes are rarely black and white – only good or bad. Try to acknowledge the tricky stuff, the good stuff and everything in between that change has brought to your life.

Things that will be tough

Things that stay the same

Things that are exciting

A white rectangular box with rounded corners, intended for writing about things that will be tough. A yellow leaf illustration is located at the bottom left corner of this box.A white rectangular box with rounded corners, intended for writing about things that stay the same.A white rectangular box with rounded corners, intended for writing about things that are exciting. A red leaf illustration is located at the bottom right corner of this box.

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Reflecting on all the changes you've been through in life can help you face the new ones! Write or draw some of the changes you and your kids have been through in the squares below. Underneath each one, list the things that helped you all feel safe during that change.

Ideas to get you going: First trip to the dentist. Starting day care or school. Moving towns. Making new friends. Saying hello or goodbye to a favourite pet. A new brother or sister.

A change we've been through before:

Things that helped me feel safe back then:

A change we've been through before:

Things that helped me feel safe back then:

What are the things that will help you and the kids during the change you're going through? It could be a favourite wise person. A walk in the park. Making extra time for a bubble bath. Or even a pet. Draw them in the circles below and keep them somewhere safe to look back on.

During this change we're going through, the things that will help us feel safe are:

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During times of change it can be helpful to think about the skills you and the kids have to cope with change. Maybe you're organised? Or patient? Or really good at winging it? Write them down together below.

When things change, these are our skills and strengths that come in handy:

We keep a sense of humour

Add some of your own:

We have patience

We face our fears

We're good at asking for help

We learn from mistakes



If you're having trouble juggling life changes there are heaps of people who can help. Chatting to friends or other parents is a good place to start. Or try oneplace.org.au to find support services across QLD.