



## Step 3 - Change

Family changes  
Thought Prompt card



# Changes in your family

There are lots of ways your family's life may change:

- New baby
- Moving house
- Someone in your family dying
- Problems with money
- Someone becoming unwell
- You parents getting a divorce or separating
- Getting a step-parent or joining a step-family

Change is not always easy. It might take some time for everyone to get used to new ways. No matter what is happening, there are things you can do:

**Talk about it**



**Spend time doing positive things**



**Say what is important for you**



**Give yourself time**

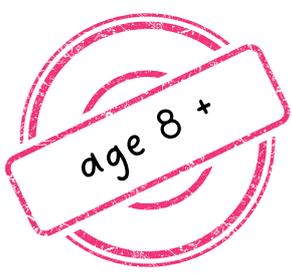
**Childline** [www.childline.org.uk](http://www.childline.org.uk)  
please call, chat online or email about any problem big or small.  
Call on 0800 11 11.  
**Kooth** offers online counselling, advice and emotional well-being support for anyone aged 10-18 go to [www.kooth.com](http://www.kooth.com)

<https://www.bromley.gov.uk/BromleyParentingHub>



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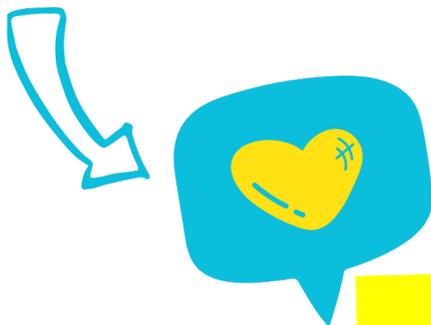
### Thought Prompt card



There is no right or wrong way to feel when there are changes in your family. Some people might be relieved, but it is also natural to be nervous, upset or angry. If you are feeling ashamed or embarrassed by what is happening it can be hard to ask for help. No matter what is happening there are things you can do.

### Talk about it

Talking about your worries can help you to feel better and find new ways to cope. You could talk to your family, and adult you trust or to Childline.



### Say what is important for you

Think particularly about the following issues:

- Time with friends
- School and after school activities (sport, drama, music, etc.)
- Time with other members of the family that you feel close to (e.g. grandparents)
- Contact with pets

### Spend time doing positive things

Spend time doing the things you enjoy:

- talking to friends
- listening to music
- reading books or writing your diary
- physical exercise

### Give yourself time

Do not expect to be the glue that keeps the family together. Your feelings and thoughts surrounding your situation are important. Remember to breathe and take each day as it comes.

