

“Change is the only constant in life.”

It’s true that change is constant, but that doesn’t make it any easier.

For tweens and teens, change—whether it’s a new grade level, a new school, a move, or a new routine—can feel especially uncomfortable and scary.

They’re at a time in life when everything from their bodies and social norms to their relationships and responsibilities are also changing.

As parents, we can help tweens and teens adjust to change by offering **consistency and ownership**.

In times of transition, it’s helpful to have consistency and familiarity in other areas. Predictability helps your child feel grounded and safe.

As much as possible, **keep other routines the same**.

Stay consistent with rules and boundaries, even if it’s tempting to loosen them when your child is going through a tough time.

And be consistent with **listening, empathy, and support**—even if your child acts out because they’re uncomfortable or scared.

Ownership is another way for your tween or teen to feel some sense of control or stability in times of transition.

Allow them to:

- ☆ Voice their opinions
- ☆ Make age-appropriate choices
- ☆ Share their feelings and concerns
- ☆ Feel competent by helping around the house or with younger siblings

We can’t prevent change, but we can help our kids feel more competent, confident, and safe by fostering consistency and ownership.

If you are looking for even more science-based tools to help your tween develop resilience during those challenging moments, see inside our popular [Big Life Journal for Tweens & Teens \(ages 11+\)](#).

In gratitude,
Alexandra

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