

# Early Childhood



by Louisa Raggatt

## Change

How do you feel about change? If you've ever completed one of those personality analysis courses then you'll know that some personality types are more comfortable with change than others. Of course, you don't need to have done Myers Briggs to have figured this out, you can just look around you. I am comfortable with change and in fact I get quite excited about it. Purposeful change, that is. But not everyone feels the same way. You'll see all sorts of people, yourself included, reacting in very different ways to the same events.

Generations play a part in this too. My colleague at the BUV, Beth, likes to joke that I am very "Gen Y" in the way I use my mobile to sms a last minute change of plans – time, location etc... out of a sense of (perhaps perceived) convenience for all. In fact Gen Y is often being called the "last minute" generation which doesn't sit well for everyone, including some Gen Y-ers!

What about children? Do we think of them as being impacted by change? Of course we do! We're Playgroup leaders! When something "big" occurs in their life – moving house, the arrival of a new sibling or at the other end of the life cycle, the death of a family member, we think about how to help coach, and support a child. What about the smaller changes? Coming to Playgroup for the first time, or the sudden addition of new families to an existing Playgroup perhaps? What about on the micro level - a sudden change to the Playgroup routine, different location or unexpected visitors etc... These are much smaller events and yet can really impact a child's sense of security.

If adults with language skills and life experience can find change stressful, imagine what it feels like for a child who may not have either of those things.

### So, how can we help kids with change?

- Don't change things unnecessarily.
- Recognise when changes occur, however small, and think about the kids who might be impacted.
- Always take the time to explain what's happening and invite questions.
- Kids generally like to know what's coming next, so tell them.
- If you are dealing with infants, the fact they can't yet speak means it's even MORE, not less, important to tell them what's happening.
- Invite kids to be part of the change not just recipients of it.

I personally love purposeful change, and sometimes even just some fun change, so **go forth and change the world, just don't forget the kids.**

*Peace and Grace,*

*Louisa Raggatt*

[louisa.raggatt@buv.com.au](mailto:louisa.raggatt@buv.com.au) . Change . [www.buv.com.au](http://www.buv.com.au) . pg 1