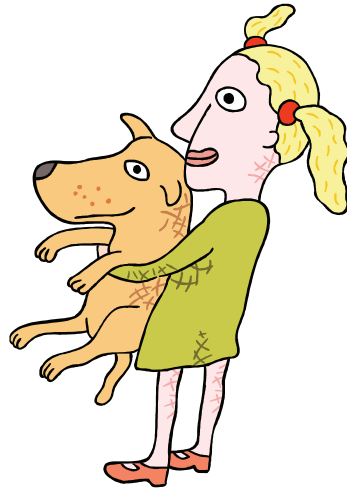


Let's Talk About **My Family's Changing**

This is a story that is meant to be read several times. Your child may need to hear it more than once before she is ready to talk about it.

There are questions suggested throughout the book, and ideas at the end of the book to spark discussion.



Notice the importance of the dog to the boy in this story. Your child may turn to a pet or stuffed animals for reassurance that not all important relationships are changing.

Help your child adjust by talking to him about the changes to expect. Remember to also talk about the things in her life that will stay the same.

Let's Play With Rhymes

This is My Family

This is my mother. *(Thumb)*
This is my father. *(Pointer finger)*
This is my brother tall. *(Middle finger)*
This is my sister. *(Ring finger)*
This is the baby. *(Little finger)*
Oh, how I love them all!



(Clap other hand over fingers and hug)

Rainbow Colours

I'm like a little rainbow,
Held in the sky so blue,
Showing you my colours
Of every kind of hue.



Sometimes pink. Sometimes green.
Sometimes yellow or blue.
With all the colours you have seen
What colour feels like you?

Use this poem as you colour or paint a picture together.

Susan Ramsay

Note to Parents & Caregivers

Books can help you and your child talk about difficult things. **My Family's Changing** can help you explain your feelings. It can also help you listen to the feelings of your child. Remember that you and your child may feel very differently about separation and divorce. Working through these feelings will take time.

Books can help us through difficult times.

Let's Create



Family Trees

Draw a tree trunk on a large sheet of white paper. Draw on branches without leaves. Your child may draw small pictures of each family member, or use photographs. Talk about who is in his family. Glue or tape pictures of each person in the family to the branches of the tree.



Your child may want to show that his family is changing by drawing one tree for his mom's family and one tree for his dad's family.

Be sure he has his own picture to place in both family trees.

Let's Be Together

Families are all different. There is no one ideal type of family. Families may be made up of different numbers of adults and children.



A family could include:

- Mom and two children
- Dad and three children
- Grandpa and one child
- Mom and Dad and four children



Ask your child how she feels about the changes in her family.



Ask him how parents could help him deal with separation?

**Families
are all
different.**



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