IHAVE



Children feel secure if they know what is going on.

Try explaining to your child that some changes to our family life will happen. Talk about the things that will not need to change as well.

Talk about the things that will not need to change as well.			
	WILL IT CHANGE?		
ACTIVITY	YES	NO	HO\N\\\\ILL IT CHANGE?
Going to school			
Being picked up from school		X	
Walks in the park			
Swimming lessons	X		Same lesson, at the same time and day, but Aunty Jo will take you not Mum.
Eating together	X		We will all eat together apart from Mum who will be resting in bed.
Visiting grandma			
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