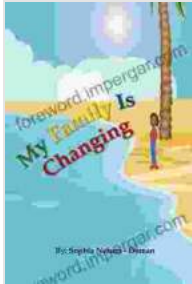


Supporting Children Through Family Transitions: A Review of "My Family Is Changing" by Sophia Nelson Doman



My Family Is Changing by Sophia Nelson - Doman

★★★★★ 5 out of 5

Language : English

File size : 24681 KB

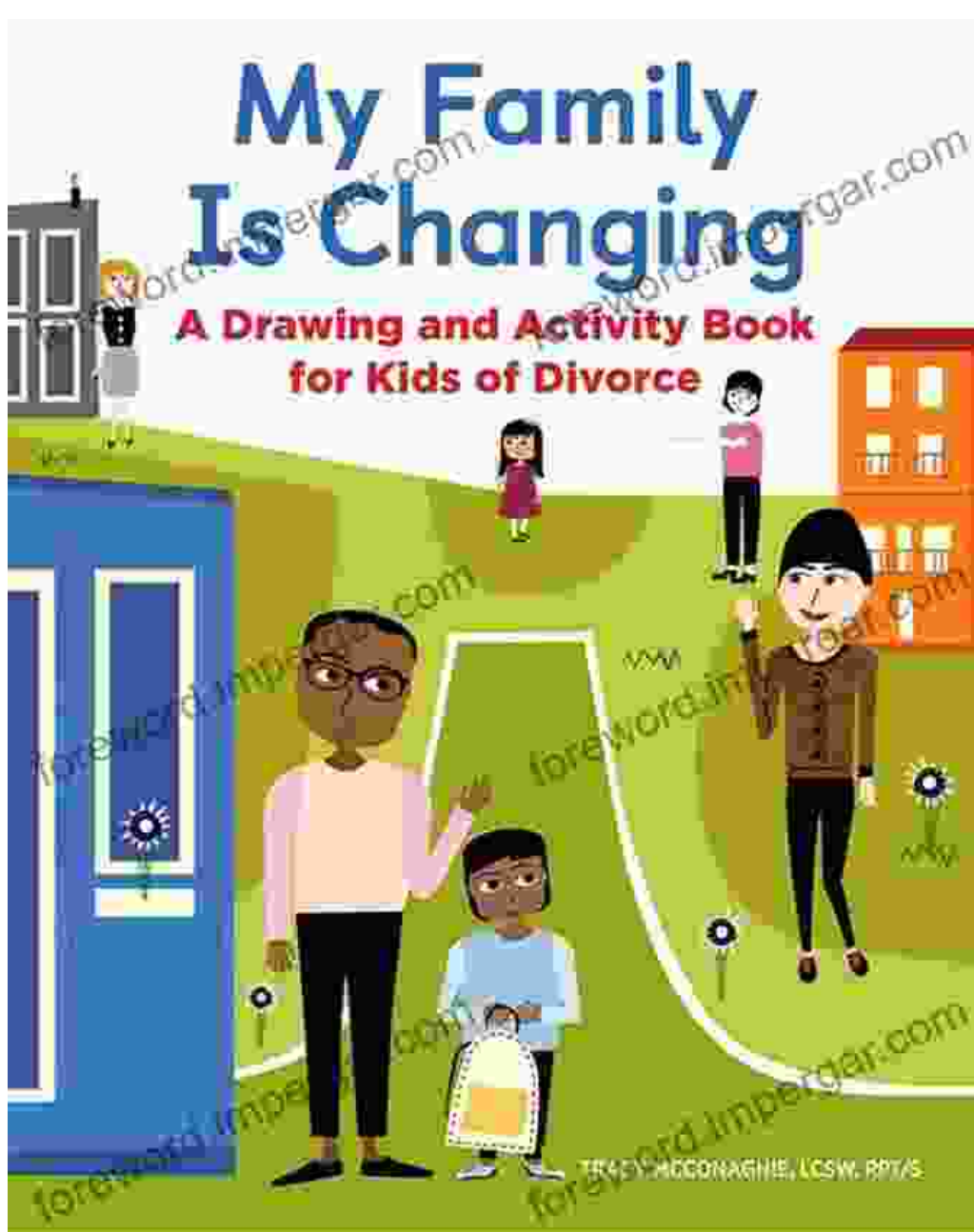
Screen Reader : Supported

Print length : 44 pages



My Family Is Changing is a beautifully written and illustrated book that helps children understand and cope with family transitions. This book is a valuable resource for parents, educators, and counselors who work with children who are experiencing family changes.

What is My Family Is Changing About?



My Family Is Changing is a story about a young girl named Sophia who is going through a family transition. Sophia's parents are getting divorced, and she is having a hard time understanding what is happening. She is afraid that she will lose her parents and that her family will fall apart.

With the help of her therapist, Sophia learns that family transitions are common and that it is okay to feel sad, angry, and confused. She also

learns that she is not alone and that there are people who care about her and want to help her through this difficult time.

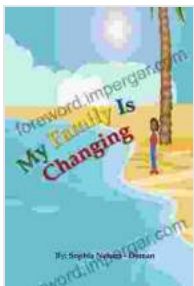
How Can My Family Is Changing Help Children?

1. My Family Is Changing can help children understand what is happening during a family transition. The book explains the different types of family transitions, such as divorce, remarriage, and blended families. It also helps children understand the emotions that they may be feeling during a family transition.
2. My Family Is Changing can help children cope with the challenges of a family transition. The book provides tips and strategies for dealing with difficult emotions, such as sadness, anger, and confusion. It also helps children learn how to communicate their needs and how to ask for help.
3. My Family Is Changing can help children build resilience. The book shows children that they are not alone and that they can overcome the challenges of a family transition. It also helps children develop coping skills that they can use in the future.

Who Should Read My Family Is Changing?

My Family Is Changing is a valuable resource for anyone who works with children who are experiencing family transitions. This includes parents, educators, counselors, and social workers. The book can also be helpful for children who are going through a family transition. It can help them to understand what is happening and to cope with the challenges they may face.

My Family Is Changing is a must-read book for parents and children alike. With its sensitive and insightful approach to family transitions, this book provides valuable tools and strategies for navigating the challenges and opportunities of family change.



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