

MAXIMIZING CHILDREN AND YOUTH'S RESILIENCE THROUGH TRANSITIONS



Helping kids and teens with their emotions during family changes, like separation or transitions, can make them feel safe, strong, and better able to handle change. Showing love and support, along with giving them access to behavioral health resources, helps them develop good coping skills, build strong relationships, and stay emotionally healthy

The steps on the back of this card provide tips on how to create a safe and supportive space where kids and teens feel cared for and emotionally secure.

On 1/28/25, the San Mateo County BOS shared its commitment to equity, safety, and inclusion for all communities, reaffirming previous efforts to ensure that every individual is welcomed, valued, and included.

For behavioral health care, contact your health provider.

Medical and uninsured individuals, contact San Mateo County

Behavioral Health & Recovery Services at (800) 686-0101, TDD: (800) 943-2833



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



SUPPORTING CHILDREN AND YOUTH THROUGH SEPARATION/TRANSITIONS

BEFORE

- Keep a routine to provide stability and comfort.
- Be patient—this is a difficult time.
- Remind them that their safety is the top priority.
- Teach healthy coping skills that respect their culture.
- Reduce media exposure to help lower anxiety.
- Get support from mental health professionals if needed.
- If appropriate for their age, include them in planning and encourage them to express their thoughts and feelings.

DURING

- Follow a daily routine to create a sense of normalcy.
- Show love, give reassurance, and provide a safe space to share feelings.
- Stay in touch with teachers, counselors, coaches, and support services.
- Make sure they continue receiving mental health care if needed.
- Encourage healthy coping skills that respect their culture.
- Help them maintain a positive relationship with caregivers.

AFTER

- Keep familiar routines to create stability.
- Pay attention to emotional changes and get help if needed.
- Talk openly and let them know their feelings matter.
- Make sure they continue receiving mental health care.
- Think about family therapy or support to help with healing and communication.
- Share updates in a way that is clear, comforting, and right for their age.
- Focus on their strengths and celebrate their progress.