



April 2025 CHANGE

Well, you might not know this, but April is the month of the military child and as I am now classified as a member of a military family, it is a month that takes on more significance to me each year.

I appreciate our community here is not military, but we are a community that adapts to change and must be ready for change whatever that might look like. A poem I have written and published as a children's book is copied with my permission here in the newsletter. If you know any military families, it gives you some insight into their lives.

Where will the wind blow?

By Nicola Webb

Where will the wind blow us this year?
This month or next, or do we stay here?
The wind does not know, it refuses to say.
When it's our time we'll be on our way.



I remember not from whence I came,
It's a place far from here with a familiar name.
For now, we are settled, quite safe and quite sound,
Our hearts in the air - our feet on the ground.

We have places to see and people to meet,
Sand in our toes or snow at our feet.
Maybe a train ride, or a ski adventure,
In our life, you cannot be a back bencher.

But when the wind changes and change it will soon,
The memories will warm us, the friendships re-tune.
Letters and facetime and phone calls will start.
The memories forever, will be in our heart.

While these friendships may fade, the winds will bring calm,
A moment to shelter and keep us from harm.
A new school, a new house, a new family and friend,
This journey of ours will blow with no end.

Our family is strong, on love we depend,
Families and friends, their love they do send.
The next move might be close or far from those we hold dear,
We love an adventure but do shed the odd tear.

They call us resilient, courageous or strong,
There are so many words, none of them wrong.
We do what we can, we shall and we must,
Into this life in which we were thrust.

We cannot imagine a home that has stood still,
One school and one place where is the thrill?
It binds us with others, resilience and hearts
We are military children we go when the wind starts.

Change for our children can be very scary and result in big feelings, especially if they have additional needs. Goodness, even grownups can feel scared and have big feelings, so we need to help them.

We can help our children in many ways, here are my three favourite.

1) Acknowledge big feelings.

We all have them. Say what you see.

E.g., 'you sound angry. I see you are frustrated. Can I sit with you?' *PAUSE* 'There's a lot going on right now. Do you want to talk about it?'

If no response, tell them how you feel.

E.g., this morning I felt frustrated. My favourite pants were in the wash and I couldn't wear them. So I'

Keep language shorter, clear and factual. Sit with them in the moment, don't try to fix them. Sometimes, all we need is for someone to be with us in an overwhelming moment. See what happens.

2) Talk about the change

Change doesn't have to be big to cause a reaction, like changing who they sit next to on the carpet, to changing their shoes, to a move or a parent going away for a bit. It's scary, and our children need to know the outcome will be okay. Talk to them about change and see what they come up with that might help them.

3) Use visuals

Social stories, photos of what is happening, books from the library that talk about change and even video content you can look up 'how to talk to a child about change'. This medium can be helpful for some children.

If you want more strategies about change, please contact our team – details below.

For more information about the poem please look at www.nicolawebb.ca

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