

# CHANGES

## SUPPORTING YOUR KID THROUGH IMPORTANT HORMONAL CHANGES



### WHAT YOU SHOULD KNOW

As our kids grow, they go through BIG changes. These changes, caused by different hormones, can affect their emotional, mental, physical, and even spiritual well-being and behavior. As parents, it's crucial for us to recognize these transformations and guide them through it with love, grace, and understanding! Our kids have NO IDEA what's happening in their bodies. It's our job to help them.

A significant hormonal change that happens in our kids before they go through puberty is called Adrenarche. During this natural stage of development, their body starts to produce more adrenal androgens, which can cause a major shift in emotional and psychological behavior. This usually happens in a child around second or third grade. THIS might be why your 7 or 8 year old has begun to struggle managing their emotions and outbursts!

### WHAT YOU CAN DO

This phase can be really confusing! Parents tend to expect these behavioral struggles for their toddlers and teenagers, but in situations like these, your child needs effective communication! Creating a safe space for them to explain how they feel is key, and can allow you to help them name the emotions or fears they are facing!

Not only that, but positive reinforcement goes such a long way. Change can be so scary, so tell them that they're brave, strong, and loved. Remind them of how they can work through their feelings, even when it's hard!



### WHAT YOU CAN PRAY

And lastly, PRAY for them and PRAY with them! Prayer is powerful, and can lift us up even in the hardest of struggles. Teach your kids that God is their comforter and hears their prayers. Remind them that He created their emotions and that fear, anger, sadness, and disappointment aren't bad to feel! It's only when we act on them in sin, is when it becomes a problem. Guide them back to God's Word, and teach them that they are fearfully and wonderfully made. God made these hormonal changes, and you can trust Him that He will give you wisdom and guidance through this crucial time in your families lives!

