



## During the move

Moving is a stressful time for all family members —especially children.

*Use the checklist below as a guide for helping your children during this time.*

### AS A PARENT, I:

- Explain to my children what will happen during the move.
- Give them a special role during the move (taking care of pets, packing snacks, etc.).
- Allow them to keep their favorite things with them (security blankets, special toys, etc.).
- Keep a positive attitude about the move.
- Realize that each child is unique and adjusts to change at different rates and in different ways.
- Know my children's behavior may show their true feelings (throwing tantrums, becoming withdrawn, etc.).
- Encourage my children to ask questions and am available whenever they need to talk.
- Help them share their feelings about moving through talk, play, drawings, etc.

### AS A FAMILY, WE:

- Maintain routines as normal as possible so that everyone knows what to expect.
- Talk about how moving is hectic but that things will soon be back to normal.
- Plan breaks during the move for fun activities and treats (favorite restaurants, swimming, playing games, riding go-carts, etc.).
- Celebrate the arrival at our new home with special activities (family hugs, lemonade toasts, etc.).



IMAGINE STEPPING INTO  
YOUR CHILD'S WORLD  
AND SEEING THINGS  
FROM HIS OR HER POINT  
OF VIEW.

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