



Preparing to relocate

Reassuring children

Moving can be a very stressful time for all family members—especially children. Everything that they once knew is about to change. **Reassuring children** during this time of uncertainty can help ease their stress.

Use the checklist below as a guide for comforting your children as you prepare for the move.

AS A PARENT, I:

- Give my children plenty of hugs and extra attention.
- Explain the move so that my children can begin to accept it and get used to their feelings.
- Let my children know that I appreciate how they may be feeling.
- Encourage them to ask questions and am available whenever they need to talk.
- Help them share their feelings about the move through talk, play, drawings, etc.
- Tell them that other children have similar feelings about moving.
- Involve my children in family decisions and give them a role in the move (taking care of siblings, pets, plants, etc.).
- Remind them that their friends will still be friends, even after the move.
- Remind my children that many things in the new place will be the same as in their old home, school, and neighborhood.

AS A FAMILY, WE:

- Talk about how things will be hectic during the move but will soon settle down.
- View the move as a family adventure.
- Discuss how we may all feel lonely at first but will soon make new friends.
- Talk about how making new friends can be fun.
- Look at moving as a special gift that can surprise and delight you.



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

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