



After the move

Communicating with children

Moving into a new home requires lots of changes for all family members—especially children. **Communicating with children** during this time can help ease their stress.

Use the checklist below to guide you in comforting your children as they adjust to their new home and community.

AS A PARENT, I:

- Am available whenever my children want to talk.
- Explain what is happening so they know what to expect.
- Listen closely and let them know I am interested in what they have to say.
- Encourage my children to share their feelings about moving through talk, play, drawings, etc.
- Encourage them to share feelings about their new school or daycare through talk, play, drawings, etc.
- Praise them for the ways they have helped and adjusted to the move.
- Remind my children that they are still the same as they were before the move, and the family is still the same family.
- Recognize that each child is unique and adjusts to change at different rates and in different ways.
- Know that my children may express their feelings through certain behaviors (throwing tantrums, becoming withdrawn, acting tired, fussy, or angry, wetting the bed, etc.).

AS A FAMILY, WE:

- Realize that a successful move takes teamwork.
- Talk about the many things in the new location that are like our old home, school, and neighborhood.
- Seek professional help, if needed.



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

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