



After the move

Reassuring children

Moving into a new home requires lots of changes for all family members—especially children. **Reassuring children** during this time can help them build connections and make adjustments to their new home and community.

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

AS A PARENT, I:

- Give my children plenty of hugs and extra attention.
- Help my children stay in touch with old friends through letters, phone calls, and e-mails.
- Allow my children to purchase a small “moving in” gift.
- Allow them to decide how to arrange and decorate their new room.
- Encourage them to make new friends by getting involved in clubs, sports, scouts, church groups, etc.
- Help them learn about and adjust to their new school or daycare (school hours, calendars, lunches, bus schedules, “buddy” systems, etc.).
- Help them meet and adjust to new teachers or daycare providers.

AS A FAMILY, WE:

- Visit nearby parks, libraries, museums, YMCAs, and other interesting places.
- Introduce ourselves to neighbors and other community members.
- Keep family routines as normal as possible so that our children feel safe during this time of change.
- Continue family rituals and celebrations (Easter egg hunts, birthday traditions, holiday meals, etc.).
- 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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