

Before the move  
Moving can be a very stressful time. Children often have many worries and concerns about the new place. *Step into Your Child's World* with these ways to help your children during the move.



### Reassure your children

- Let them know it is okay to share any feelings they have about the move.
- Show them how the new location is like their old home, school, and neighborhood.
- Remind them that the friends they leave behind will still be their friends, even though they are far away.
- Remember that the way you feel can change how children feel about the move.






### Take time to talk—and listen!

- Children need to be told what is happening.
- Be ready when children want to talk.
- Show your children you care about their feelings.
- Let them know you understand their feelings. (“You’re going to miss your friends. I can understand that. I am going to miss my friends, too.”)

### Encourage your children

- Help them share their feelings.
- Give them time to sort out feelings about the move.
- Share with your children by reading books about moving.
- Host a moving party for your children with their neighbors and friends.
- Help your children to stay in touch with friends.
- Help your children find their new home on a map.
- Help your children say farewell to friends.

# Relocation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moving is like a special gift that can surprise and delight you.						
	Many children can sense how their parents are feeling. Even if you don't say it, your children can feel the way you do about the move.			Read a book about moving to your children, such as Dr. Seuss' <u>Oh The Places You'll Go!</u>		Help your children make a memory book. Collect pictures, street and email addresses, phone numbers, etc. Include pages for children to write thoughts and for friends to do the same.
		Take time for hugs—often!				
						
	Have your children write about their favorite place in town. Remind them that they may find a place like it in their new town.			Have a moving party.		

Write the name of the month here

Write the dates in these boxes