



Schweinfurt Elementary School

PARENT TIPS

HOW CAN PARENTS HELP KIDS WITH RELOCATION?

BEFORE LEAVING PARENTS CAN:

1. Explain why the move must be made.
2. Allow children to express feelings. For many children the idea of relocation evokes powerful emotions. Listen to their thoughts and dreams. This could be a good time to help them set goals.
3. Attempt to keep daily routines in tact (school, meals, rest & play periods, etc.).
4. Assist children in seeking information about the new location.
5. Involve children in decision-making about what to pack or leave behind.
6. Encourage children to assist in pre-packing household items. They can help separate things into three shipments (express, household, TLF).
7. Request that moving companies load the children's possessions last. This way their possessions should be the first items unpacked at your new location.
8. Encourage children to say good-bye to special people at his/her old school. Perhaps a letter to the teacher/principal would be helpful. This could be a note of farewell, thanking the special people who have helped. Some form of closure to this phase of your child's life will encourage him/her to go on to the next adventure.
9. Suggest that kids engage in artwork. Art can ease the pain. An art project (drawing, coloring, etc.) given to a friend/teacher can serve as a farewell gift and final good-bye.
10. Take photographs of the "old" school, friends, teachers, etc. Assist children in securing addresses of friends.
11. Provide former teacher and friends with your new address.

12. Make sure that there are games, familiar toys, and other entertainment for the trip to the new home.
13. Describe the climatic differences, which might affect dress and play habits.
14. Allow children to assist in any decisions in the event that a pet must be given away.

AFTER ARRIVING, PARENTS CAN:

1. Provide understanding by listening and empathizing.
2. Communicate with new school personnel regarding:
 - a. Health concerns.
 - b. Learning style.
 - c. Academic History.
 - d. Behavior issues.
 - e. Ask that your child receive a school sponsor or "buddy."
3. Teach children their routes to school, their new addresses, and phone numbers.
4. Spend time together in family activities, such as "exploring" the new neighborhood.
5. Think new - think positive! New outfits and new school supplies may help children shape a positive outlook, full of ambition for the new school year.
6. Be certain, whenever possible, that children dress appropriately in accordance with the norms of their new school.
7. Take an unofficial tour of the new school. Allow your child to check out the playground equipment. Find the location of the main office, guidance office, classrooms, nurse's station and the EMC.
8. Help children understand that friends in the old school are also experiencing a loss.
9. Have children drop a postcard to "old" friends.

Solicit children's help in decorating the new home.
10. Assist children in organizing and "personalizing" their bedroom as soon as possible.
11. Instill confidence in your child by assuring him/her that new friends will be made.