

Making the Move Easier for Your Children

Podcast Transcript

This podcast is brought to you by Military OneSource.

Moving is difficult for everyone, but for your children, it can feel like the end of the world. Children are worried about changing schools, losing their friends, and having to make new ones. The more you can help your children through the moving process, the better.

To begin with, tell your children about the move as soon as possible. They are going to need time to go through a whole range of emotions, say goodbye to their friends, and adjust to the idea of living somewhere new.

You should also make sure your children get involved and feel like they are an important part of the moving process. Ask them to help set up a yard sale, pack up boxes, or research the new location.

Try to stay positive about the move. If you have an upbeat attitude, it will rub off on your children. Talk to them about the positive things that can come from a move - a chance to start over at school, meet new people, and decorate a new home. If you have the means, allow your children to pick out something new for the move, like a new comforter, a fun paint color for their room, or a first day of school outfit.

If you have younger children, make sure you reassure them that not everything in their lives will change when you move. They need to be reminded that the core elements of your family and household will stay the same. Try your best to maintain some routines and family traditions.

Plan a special way for your children to say goodbye to friends such as a sleepover, a fun outing, or a small party. Encourage them to get and give out contact information so that staying in touch will be easier.

Finally, be proactive. The more you can find out about your new location before you go the better. Can you set up a visit to your children's school? Do they have a youth sponsorship program? Is there a fun spot you could visit right away?

To learn more about how to make moving easier for your entire family, check out Military Youth on the Move's "Just for Parents" section. Our website has a ton of great information and resources for all your parenting concerns such as saving for college, going green, and much more.

--

For more information, visit Military OneSource at <http://www.militaryonesource.mil>, an official Department of Defense website.