



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

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Adjusting to school after the move

Moving can be a very stressful time for children. School or daycare adjustments after a move can be stressful for children who are the “new kids.” Here are a few ideas to ease the stress of this adjustment on your children.

Be an advocate for your children.

- Find out about schools and daycare options in your new neighborhood.
 - Make sure your children’s school and medical records are complete and current.
 - Take a tour and meet the teachers. Talk with them about any special needs or concerns that you have about your children.
 - Ask about school hours, school year calendar, lunches, and bus schedules.
 - Ask if the school has a “buddy system” to help your child meet new friends.
 - Keep in contact with teachers during your children’s adjustment period. Work together to try to solve problems.
 - If you moved to another state, ask about their educational standards to make sure your children meet these requirements.
- Learn your rights as a parent in making decisions about your children’s education.
 - Talk about your children’s education with teachers and principals.
 - Try to resolve disagreements. If you cannot agree, learn what steps to take as a concerned parent.
- Participate in your children’s school.
 - Volunteer in the classroom.
 - Serve on a committee.
 - Help with fundraisers.

Be patient and supportive as your children adjust.

- Help your children learn the way to and from school or daycare.
- Surprise your children with love notes in their lunch boxes and backpacks. Imagine the smiles on your children’s faces when they see your message.
- Offer your love and support. Encourage your children to share their feelings about the new school or daycare through talk, play, drawings, etc.
- Listen sensitively. Show that you are interested and ready to hear all they have to say.
- If possible, allow your children to handle problems related to school adjustments. Make each child a “bravery medal” for facing a new challenge.