



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

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Easing the stress of moving

Moving can be a very stressful time. Children may have many concerns, such as what the new community will be like or whether they will make friends. Here are some ways to help your children cope with stress and make adjustments during the move.

Reassure your children.

-  Let your children know that it is okay to share whatever feelings they are having about the move. Tell them that other children share similar feelings about moving.
-  Remind your children that many things in the new location will be similar to their old home, school, and neighborhood.
 - Make plans to explore special things in the new community together.
-  Remind them that the friends they leave behind will still be friends, even though they are far away.
 - Help your children plan how to stay in touch with friends, neighbors, and family members.
-  View the move as an adventure that your family can experience together.
-  Remind your children that things can be hectic during the move, but will soon be back to normal after you are settled in your new home.
-  Talk about how items may get lost or broken during a move. Assure your children that you will do all you can to move everyone's belongings safely.
-  Offer comfort by touching and holding your children.

Things to remember.

-  Your attitudes greatly influence your children's adjustment to a move.
-  All children are different and will adjust to change at different rates and in different ways. Give each child time to adjust!

Moving is like a special gift that can surprise and delight you.