



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

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Keeping routines after the move

Moving can be very stressful. Children like and need routines. Knowing what to expect helps them feel safer and more secure. Here are a few ideas to help you and your children maintain routines after the move.

Family Rituals

Rituals are activities that create a sense of family and feeling of bonding among family members. For example, rituals or routines provide a feeling of togetherness (*We belong together*), consistency (*We go to Grandpa's house every Father's Day*), identity (*We're a swimming family*), and a way to teach values (*We go with our parents to vote*). When children take an active part in creating and practicing rituals, they feel connected and a part of something larger in their lives. In times of uncertainty and change, rituals can be the glue that holds a family together.

- Keep family routines as normal as possible (bedtime stories, Friday night pizza, Saturday trips to the park).
- Continue family rituals and celebrations (Easter egg hunts, tooth fairy visits, Mother's Day breakfast).
- Let your children help decide how to arrange and decorate their new rooms.
- Allow your children to purchase a small "moving in" gift.
- Give your children time to adjust at their own rate and in their own way.
- Allow your children to resolve problems that are related to the move.
 - They will need to find ways to make new friends.
 - They will need to learn the rules of their school or daycare.
 - They will need to adjust to new teachers or day care providers.
 - Offer support, love, and encouragement as your children make adjustments and solve problems.
- Wait until you are settled in your new home before making big changes, such as taking away a bottle or starting toilet training.
- Watch for changes in your children's behavior during this time (wetting the bed, withdrawing, throwing tantrums, etc.).
 - These behaviors are usually temporary and tend to go away once everyone is settled.
 - If they continue, talk to your pediatrician and visit the Family Center in your installation for information and support.