



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

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Talking during the move

Moving can be a very stressful time for all family members. One way for children to deal with the stress of moving is to be able to express both positive and negative feelings. This can be difficult because parents are also under stress and sometimes forget to talk to their children about feelings. Here are some ways to stay in touch with what your children are feeling during the move.

Take time to talk—and listen!

-  Talk with your children about what is happening. This will give them time to think about the move, begin to accept it, and get used to their feelings about the moving.
-  Be available whenever your children want to talk.
-  Allow them to ask questions and help them share their feelings through talk, play, drawings, etc.

Reassure your children.

-  Let your children know 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 their old home is still there and the friends they left behind are still friends.
-  Remind them that many things in the new location will be similar to their old home, school, and neighborhood.
-  Tell them that they are the same children, even though they are moving.
-  Comfort your children by touching and holding them.
-  Tell them that things may be hectic during the move, but will soon be back to normal.

Things to remember.

-  Your attitudes greatly influence how your children adjust to a move.
-  Your children may not use words to express their feelings.
 - Their behavior and body language may reveal more about their feelings than their words.
 - Your children may throw tantrums or become withdrawn; young children may go back on toilet training.
 - Before you react to their behavior, think about the causes. Be patient and understanding.
-  All children are different and will adjust to change at different rates and in different ways. Give each child time to adjust!