



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

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## Family Rituals

Rituals are activities that create a sense of family and feeling of bonding among family members. For example, family rituals or routines can provide a feeling of togetherness (*We belong together*), consistency (*We build a snowman after the first snowfall of winter*), identity (*We're a bowling family*), and a way to teach values (*We show respect for veterans by displaying the flag every Veteran's Day and Memorial Day*). 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.



# Moving to a new country

All moves involve some challenges, but moving to a new country requires even more planning. There will be many more things to adjust to in a new country, especially if you have never been there. Here are ways to help you and your children find out what life will be like in the new location.

Prepare to leave.

- Gather information about the new location.
  - Help your children find the country on a world map. Read about the country in books, magazines, travel guides, and on the Internet.
  - Talk with people who have visited or lived in the new country. If a different language is spoken, teach your children some basic words before you move ("hello," "goodbye," "thank you", etc.) using books, videos, or audiotapes.
  - Help your children learn to cook a new food that is popular in the country where you will be living.
  - Help your children learn about culture and customs in the new country. How do children dress? What do children eat? What TV programs do children watch?
- Help them find a new home for pets that need to stay behind.
- Help them decide what to pack and what to put in storage.
  - Allow your children to have a kids' garage sale.
  - Encourage your children to donate things they no longer need to a local charity.
- Prepare for your children's education in the new country.
  - Find out about schools and daycare options in your new location.
  - Make sure your children's school and medical records are accurate, complete, and current. Request that copies be sent to the new school. Keep a copy to take with you.
- Help your children plan how to stay in touch with friends, neighbors, and family members.

Things to remember.

- All children are different and will adjust to change at different rates and in different ways. Give each child time to adjust!