

CHANGES BIG & SMALL



Parent Tips

Help children keep a sense of hope and excitement around the various changes that come their way.

Something as simple as a special hug in the morning and reading a bedtime story together can help provide stability and reassurance. The “little things” you do together every day can make the transition more successful for the whole family. It will comfort your kids—and you, too!

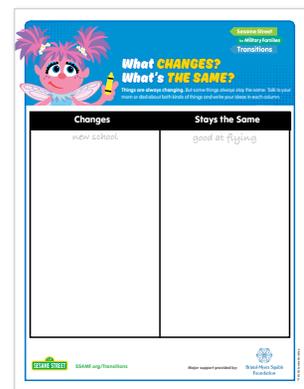
No Matter What To help children feel safe and secure, choose one routine that will stay constant and predictable no matter what! Remind children exactly what they can always rely on. For instance, *No matter what, you'll have a bedtime snuggle and story every single night.*

Use Visuals To help explain change, cross off (or color in) days till moving day, days till school starts, and so on, on a paper calendar. You can also put photos of your former home into a small photo book for your child to refer to when talking or thinking about the future or past.

Use Social Media Sometimes new connections are as far away as your keyboard. For instance, you might join the Facebook page for your new parks and recreation department, or join an online group for military families going through transitions.

Community Counts When you're ready and more settled, consider becoming a community-service family yourselves, and continuing your service to your country. As a military family, it's part of who you are! You bring unique talents, skills, and knowledge to your community.

JUST FOR KIDS



What Changes? What Stays the Same?

Print this page and complete it together. First, explain that even though it seems like everything is changing, some things will never change. For instance, you may be moving to a new house, but it's love that makes it a home, and that stays the same. Children will even get real comfort from little reminders such as, “You'll still sleep on your favorite rainbow sheets”!