**Parent Tips**

Learn easy, everyday strategies to spark important conversations with your child and provide a sense of security. Every situation, whether a daily routine such as taking a car ride or tucking your child in at night, is an opportunity for conversation and connection. Keeping communication open will reassure kids that you are there for them, remind them that it’s good to ask questions, and allow them to share what’s on their mind, including their worries.

**Talk It Through**

**Q & A** Children will likely have lots of questions and you’ll want to provide simple, concrete, honest, age-appropriate answers. Here are some ways you might respond to your child’s questions:

- **Why is Mom/Dad no longer in a uniform?** She/he wore a uniform for her/his job in the military. Mom/Dad doesn’t work in the military anymore, so she/he doesn’t wear the uniform.

- **Why do I have to move/change schools?** We are moving because Mom/Dad is no longer working for the military, so we are moving because [Dad has a new job, we’re going to be closer to your grandparents, we are ready for a new adventure, we can no longer live on the base, and so on]. And our new home will be too far away from your school to keep going there.

- **Who will take care of me?** You will always be cared for. Some things may change [for instance, Daddy will be putting you to bed instead of Mommy]. But we’ll work together as a family to make sure we’re all okay. And you will be an important part of the changes we are going through together.

- **When is Mom/Dad getting a job?** It can take a while for grown-ups to find a new job, and we don’t always know when it will happen. Sometimes it happens right away and some people have to look for a long time. But Mom/Dad learned a lot of important things in the military and can use what she/he knows in her/his new job.

- **Where will I play? Who will I play with?** When we get to our new home, we’ll explore the neighborhood together and maybe even visit the playground at your new school. Your new friends will also know places to play. You’ve made new friends before, and you’ll do it again. You have a lot to offer a new friend [specify some of your child’s strengths, like sharing or being good at a particular game].

- **Will everything be different now?** We might want to keep things the same but sometimes we need to change.
Feeling Faces: Print this page and post it at children’s eye level so they can refer to it frequently. You can use it as a conversation starter anytime by saying, “Let’s look at the feeling faces.” Which one shows how you are feeling right now? You may model this first by doing it yourself.

Table Talk: Print this page of conversation starters and post it near the dinner table. At dinnertime, invite your child to pick a question to ask the family, calling on each person to answer until everyone has shared. Or, you can take the lead.

Table Talk
- What was the best part of your day?
- What was the most challenging part of your day?
- What was one new thing you saw, did, or learned about today?
- Did anything today surprise you?
- What was one thing you wondered about today?
- What is one thing you were grateful for?
- What is something you were proud of?
- What is one wish you have for tomorrow?