Talking while preparing to move

Moving can be a very stressful time for all family members—especially children. Everything that was once familiar to them is about to change. What can you do to help make this difficult time easier for your children? Here are a few ideas to help you.

**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 use to their feelings about moving.
- Be available whenever your children want to talk.
- Show your children that you care about their feelings.
  - Help them to know that you understand their feelings. *(You’re going to miss your friends. I can understand that. I will miss my friends, too.)*
  - Keep in mind that your children do not have a choice in whether or not to move. Their first reaction to moving may be negative.

**Encourage your children.**

- Allow your children to ask questions.
- Help them share their feelings about moving through talk, play, drawings, etc.
- Let them talk about their fears of moving and help them think of ways to cope.
- Read books about moving with your children.
- Host a “moving party” for your children with their neighbors and friends.
- Encourage your children to stay in touch with friends.