Talking after the move

Moving can be a very stressful time for all family members. Being able to talk about feelings can help. What can you do to help make this difficult time easier for your children? Here are a few ideas.

**Take time to talk—and listen!**
- Talk with your children about what is happening. This will give them time to think about the situation, begin to accept it, and get used to their feelings.
- Be available whenever your children want to talk.

**Encourage your children.**
- Help your children share their feelings about moving through talk, play, drawings, etc.
- Listen sensitively, letting them know you are interested and ready to hear all they have to say.

**Help your children keep memories alive.**
- Assure your children that their old house is still there, and the friends they left behind are still friends.
- Remind them that they are still the same children they were before they moved, and the family is still the same family.
- Discuss the many things that are similar to their old home, school, and neighborhood in the new location.

**Reassure your children.**
- Tell your children that it is okay to share whatever feelings they are having about the move. Tell them that other children share similar feelings about moving.
- Praise them for the adjustments they make.
- Offer them comfort through touching and holding.

**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!