



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

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# Building connections after the move

Moving can be a very stressful time. Meeting people and making new friends will help make the new community feel more like home. Although this takes special effort, it is an important step for you and your children to take. Here are some ideas to help.

Get to know the community.

- Take walks around the neighborhood.
  - Look for signs (bicycles, toys, etc.) of other children living nearby.
  - Meet neighbors and make new friends.
- Use maps, newspapers, and the telephone book to locate nearby parks, libraries, and other places to visit.
- Introduce yourself to community members.

Help your children build friendships.

- Go to story time at the library, enroll your children in swimming lessons, or join a playgroup.
- Encourage your children to join clubs, sports teams, scouts, church groups, etc.
  - Let them know they are welcome to invite new friends to their house.
  - Help your children keep in touch with old friends through letters, phone calls, etc.

Be aware of how your children are adjusting.

- Your children may not use words to express their feelings, but may act tired, fussy, or angry. Their behavior and body language may reveal more about their feelings than their words.
  - Be patient and understanding. Before you react to their behavior, think about the causes.
- Visit the Family Center in your installation for information and support.

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!
- A successful move takes teamwork.
- Extra hugs are appreciated during stressful times!