



Strategies to help children adjust to moving

Be understanding. Acknowledge both positive and negative feelings. Let children know that it's OK and normal to feel anxiety. Watch out for verbal and nonverbal communication.

Provide continuity. Much of the stress associated with moving comes from the "newness" and "difference" of things. Try to keep routines and other daily living habits as normal as possible. This is not the time to make a lot of major changes in your family life.

Be patient. New adjustments take time. Individuals handle things differently. Some children will ease slowly into a new situation, some will leap in head first. Allow for differences in personalities.

Be a good model. Children need to see and hear adults express their feelings and work through problems. A parent that feels comfortable with saying "Gee, sometimes I sure feel lonely," or "Today I told myself that I was going to meet at least one new person!" can provide a lot of support for children.

Promote peer interaction. Hook into the community quickly. Ask a neighbor if he will introduce your child to neighborhood children.

Venezuelan Mail
Apartado Postal # 235
Ciudad Ojeda - Estado Zulia
Venezuela

Director: Jeff Trudeau
Telephone: 58-265-631-5539 / 631-6032
Fax: 58-265- 631-5539
Cellular: 0414-3606827
Email:
jtrudeau@escuelalasmorochas.com

U.S. Express Mail Address
Escuela Las Morochas
MCO 2409
P.O. Box 025323
Miami, FL 33102 - 5323