Homecoming Tips

The full homecoming experience may last for some time. As with any highly anticipated event, the reality may be different from expectations. Of course, having your loved one back is wonderful, but it’s also a transition. Ask your child about his feelings or concerns using the feeling faces in this page.

Talk with your child beforehand about what to expect. Discuss how things have changed: Your child may have grown an inch, tried a new food, or learned to say his ABCs. The parent who’s coming back may have lived in a different place, been in difficult situations, and learned new things.

Readjust routines to include the returning parent. Introduce changes slowly. Little by little, you’ll learn to be a team again.

Remind your child that he is loved – softly, loudly, daily. Homecoming is not an event, it is a process. Check back with your child about feelings or concerns as the readjustment evolves.

Explore more at sesamestreetformilitaryfamilies.org.