



Relocation Tips

Moving so often can be difficult. To start the conversation, ask your child to draw a path on this map from the old house to the new house. Expressing a positive attitude and involving your child in the process can help her feel more at ease. See tips below for some other ways to help.



TIPS FOR FAMILIES:

Learn about the place you are moving to and tell your child about it. Talk about some of the ways the new place will be the same and different.

Include your child in planning this new adventure. Encourage her to help pack by decorating boxes with markers and stickers.

Maintain family routines when you can, such as Friday Family Game Night or Taco Tuesday, to help your child know what to expect.

To download the free app, *The Big Moving Adventure*, and find more tips, visit sesamestreetformilitaryfamilies.org.