



Moving to a different country

All moves involve making changes. Moving to a new country may require even more changes. These adjustments may be stressful for all family members, especially for children, who may be unprepared for what is to come.

Use the checklist below as a guide for helping your children prepare for life in a different country.

AS A PARENT, I:

- Recognize that all children are unique and adjust to change at different rates and in different ways.
- Explain the move to my children so they can begin to accept it and get used to their feelings.
- Keep a positive attitude about the move.
- Get information about schools and daycare options in the new country.
- Make sure that my children's school and medical records are correct and complete and are sent to the new school, keeping a copy for my records.
- Help my children make plans to stay in touch with friends, neighbors, and family members.
- Help them find a new home for any pet they must leave behind.
- Help them decide what to pack and what to put in storage.
- Allow them to have a kids' garage sale.
- Encourage them to donate things that they no longer need to a local charity.

AS A FAMILY, WE:

- Recognize that we will all need to make many adjustments.
- Plan to maintain family routines and rituals during this time of change.
- Find information about the country in maps, books, magazines, travel guides, Internet, etc.
- Discuss how the children in the new country dress, what they eat, and what customs they follow.
- Prepare a new food that is popular in the country.



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

<http://mfrc.calib.com/healthy parenting>