

COMING TOGETHER AROUND VETERAN FAMILIES:™

SUPPORTING OUR BABIES AND TODDLERS

RELOCATION

# “Moving?”

Where are we going next?”



As part of your family’s transition out of active duty service, you may be moving to a new home or community. Relocations can be hard on everyone, including babies and toddlers. Try to give your child plenty of reassurance and understanding during the move.



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1255 23rd Street, NW Suite 350 Washington, DC 20037

[www.zerotothree.org/military](http://www.zerotothree.org/military)

CONTACT:



## SUPPORTING OUR BABIES AND TODDLERS RELOCATION

***Relocation can be both exciting and stressful for the whole family!***

- For babies and toddlers, it can involve a disruption in their routine, as well as separation from playmates, child care providers, and other important adults.
- Be sure to prepare your children as much as possible for the impending move. If possible, show them photos of the new home, talk to them about what it will be like, and read books about moving and separation.
- Support your young children by recognizing how this move might be affecting them. Acknowledge their feelings and be patient if their challenging behavior increases.
- Keep up the same routines that have always made them feel safe and secure as much as possible.
- Give them time to adjust to their new surroundings, including new cribs, bedrooms, and caregivers.
- Keep some of your child's favorite belongings with you during the move from one location to the next, so she will have familiar belongings while waiting for delivery of your household goods.



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