Coming Together Around Military Families®:

Supporting Our Babies and Toddlers

RELOCATION

"Moving? Doesn't my vote count?"

Relocations can be stressful for babies and toddlers, too. Don't forget to give them plenty of reassurance and understanding during a move.

Developed by

ZERO TO THREE®
National Center for Infants, Toddlers, and Families

Copyright 2007 © ZERO TO THREE

ZERO TO THREE gratefully acknowledges the Iraq Afghanistan Deployment Impact Fund administered by the California Community Foundation for its support of the Coming Together Around Military Families® project and the McCormick Tribune Foundation for making the original version of this flyer possible.

Photo credit: ©Rubberball

www.zerotothree.org/military

Contact:

Coming Together Around Military Families®:

Supporting Our Babies and Toddlers

RELOCATION

Relocation can be 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 child 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, caregivers, etc.