



# Comfort Play & Teach:

A Positive Approach to Parenting™

## Every Day

### Preparing Your Child to Move to a New Home

Moving can be an exciting adventure but all the changes can cause feelings of sadness too. It can be hard for children to look forward to starting again in a new home when they have to say goodbye to the places and people they know. Here are some **Comfort, Play & Teach™** ideas for supporting your child through the transition and making the move a positive one.



#### Comfort

##### If you do this:

- Share your feelings about moving – what you will miss and the new things you look forward to
- When packing, ask your child to select favourite toys such as teddy bears she wishes to keep with her

##### Your child will:

- Feel able to talk about her feelings of sadness, excitement and worry knowing you feel these things too
- Be comforted by familiar things and realize that moving does not mean losing everything she loves



#### Play

##### If you do this:

- Provide props (e.g., boxes and a toy truck) to let your child role play moving from one home to another
- Visit the new house and explore the new neighbourhood ahead of time with your child, if possible

##### Your child will:

- Explore his different feelings about moving and communicate these through pretend play
- Notice what is the same and what is different and discover what an adventure a new place can be



#### Teach

##### If you do this:

- Read books such as *I Like Where I Am* by Jessica Harper or *I'm Not Moving, Mama!* by Nancy White Carlstrom
- Talk to your child about the move, explaining what is happening and encouraging him to ask questions

##### Your child will:

- Develop literacy skills as he learns that his experiences are like those of the characters in the story
- Learn to feel trust and know that you will be honest with him about decisions that affect his life too



For more information visit [www.investinkids.ca](http://www.investinkids.ca)

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