



# MOVING TO A NEW HOME - PARENT INFORMATION

## **Adjusting to a New Home**

Moving to a new home can be a big change for children, and it's common for them to feel a mix of excitement, uncertainty, and even anxiety about the transition. The change in surroundings, routine, and sometimes even people can lead to various emotional responses. Here are some common ways children may react to moving:

**Discomfort with Change** – Some children may feel unsettled or uncomfortable in a new environment, even if it's a positive change. The unfamiliarity can be overwhelming.

**Regressions** – It's common for children to exhibit behaviours they've outgrown, such as thumb-sucking, bed-wetting, or needing a comfort object, as they cope with the changes around them.

**Curiosity and Exploration** – Children are naturally curious, and they may want to explore every corner of the new home. This is their way of familiarizing themselves with the new environment.

**Increased Emotional Sensitivity** – The stress of moving may make children more emotional or clingy as they adjust to the new situation. They might seek extra comfort and reassurance from parents.

**Excitement** – Some children may feel excitement about the change, especially if there are new spaces to play or if they're getting a new room.



# MOVING TO A NEW HOME

## What Can You Do?

**Talk about the move:** Begin discussing the move in advance, so your child has time to adjust to the idea. Share what will stay the same and what will change. Let them ask questions and express their feelings.

**Provide reassurance:** Acknowledge that the move may be difficult but reassure your child that they will adjust and that they are still loved and cared for.

**Create a sense of familiarity:** When setting up the new home, try to keep familiar objects, such as their favorite toys, bedding, or a special blanket, close by to provide comfort.

**Encourage participation:** If possible, let your child help with packing or decorating their new room. Involvement can help them feel a sense of control in the process.

**Stick to routines:** Maintain regular routines as much as possible, including mealtimes, bedtime, and playtime, to provide stability and predictability during this time of change.

**Give extra attention:** Moving can feel like a big event for your child, and they may need more attention and affection from you during this time to feel secure and settled.



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## What Can You Do to Support Positive Behaviours?

**Provide clear expectations:** Set clear expectations for behaviour in the new home. For example, remind your child about house rules and routines, but also allow them time to adjust.

**Praise positive behaviour:** Reinforce positive behaviours by acknowledging and praising your child when they handle the transition well, whether it's helping with unpacking or being patient with changes.

**Maintain a sense of normalcy:** Try to keep some aspects of your child's life consistent, like their favourite activities, school routines, or playtime.

**Give them time to adjust:** Be patient and allow your child the time they need to adjust to their new surroundings. It may take time before they feel fully comfortable.

## How We Support Children at Nursery

At nursery, we understand that moving to a new home can affect your child emotionally and behaviourally. We are committed to supporting your child through this adjustment and ensuring that they feel safe and comfortable in the new environment.

**Providing emotional support:** Our staff will be observant and offer emotional support to children who may be feeling uneasy, anxious, or unsettled due to the move.



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**Encouraging familiar routines:** We will help your child maintain a consistent routine while at nursery, providing them with a sense of stability during this time of transition.

**Creating a welcoming environment:** We will ensure that your child feels welcomed and included in activities, giving them opportunities to adjust at their own pace.

**Open communication:** We will maintain open communication with parents, so we can work together to address any concerns and offer consistent support for your child's emotional well-being.

## **Recording and Sharing Information**

To ensure we are meeting your child's needs during this transition; we will keep track of any changes in behaviour or emotional responses. This will help us identify any specific needs and provide the appropriate support. Any significant changes will be shared with parents through our communication channels, such as the Famly App.

## **ABC Chart**

If your child experiences emotional or behavioural changes linked to the move (e.g., increased clinginess or difficulty adjusting to the new environment), we may introduce an ABC chart (Antecedent, Behaviour, Consequence). This chart helps us look for patterns, identify triggers, and adjust routines or activities to help your child feel more comfortable and secure.



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## How Parents Can Help at Home

**Maintain routines:** Keeping familiar routines at home will help your child feel secure and manage the stress of the move.

**Be patient with emotions:** Moving can stir up many emotions, and your child may need extra care and patience as they process everything.

**Encourage familiarity:** Make your child's new space feel familiar and comforting by adding personal touches from their old room, such as favourite toys, posters, or furniture.

**Talk about the positives:** Help your child focus on the positive aspects of the move, such as new spaces to explore or new opportunities for fun.

**Allow time to adjust:** Give your child time to settle in and adjust to their new surroundings at their own pace. It's normal for the transition to take some time.

If you have any questions or concerns about how your child is adjusting to the new home, please don't hesitate to speak with us. We are here to support you and your child during this exciting, yet sometimes challenging, time of change!