

## TEN TOP TIPS FOR SUCCESSFUL LEAVING

1. Share the news of the move with the children.
2. Talk positively about the move. Don't expect your children to share your excitement.
3. Help young children to understand the time scale and the important things that will happen.
4. Help your family to learn about the new location before the move.
5. Don't pack too early!
6. Stick to your usual family routines for as long as possible.
7. Plan farewells for all the family.
8. Take photographs of special people and places.
9. Create opportunities to talk and share feelings.
10. Keep significant toys/objects to pack in your hand luggage.

## TEN TOP TIPS FOR SUCCESSFUL SETTLING

1. Get your children into school as soon as possible.
2. Re-establish family routines as quickly as you can.
3. Explore your new environment together.
4. Encourage your children to join clubs/youth activities.
5. Pace yourselves.
6. Create time to talk and share feelings.
7. Remember - settling takes longer than you think (a minimum of six months).
8. Let the school know of significant events e.g. deployments.
9. Be aware of the indicators of stress/anxiety.
10. Seek advice if you think your child is not settling.