

POSTING

Guide

For parents of children ages 0-17

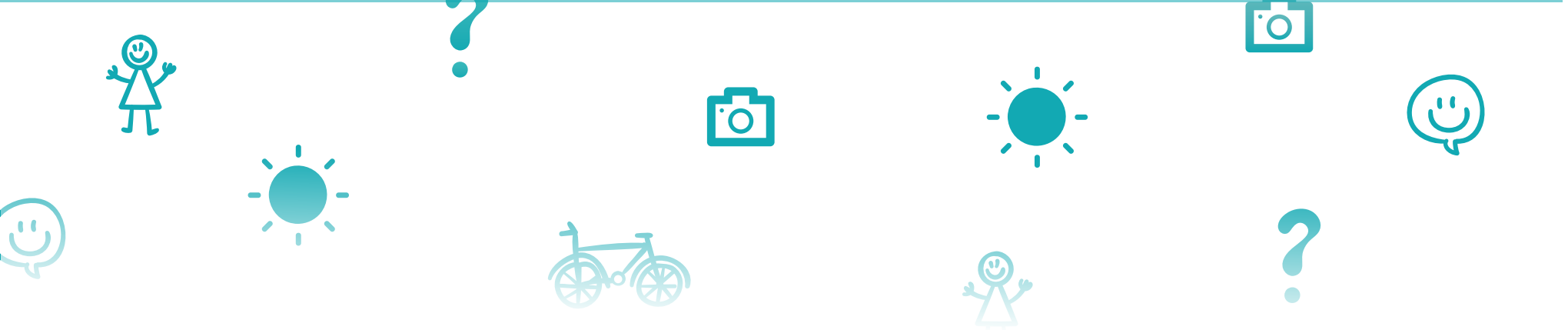




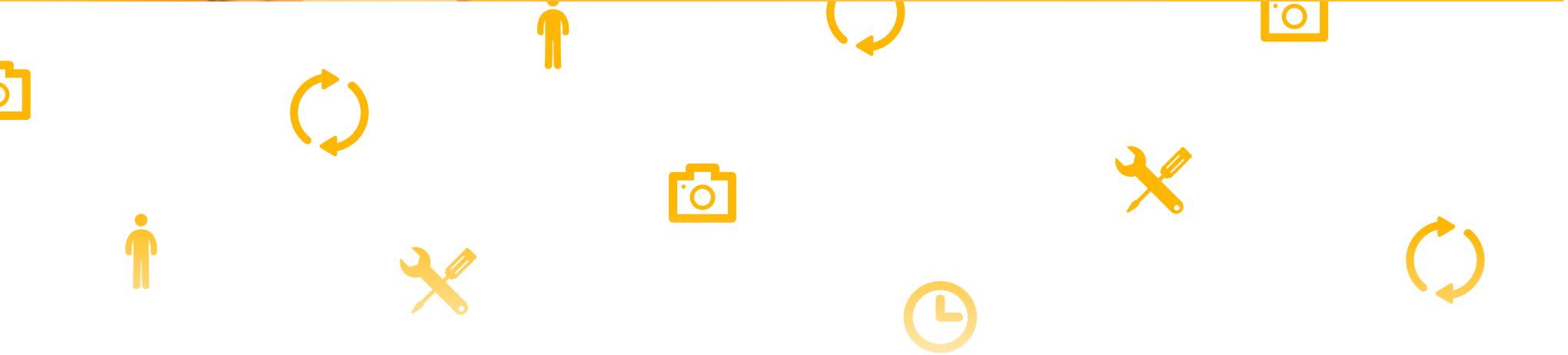
AGES 0–5



AGES 6–10



TEENS



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AGES 0-5

Talking about a posting with my child
Announcing the posting
Understanding your child's reactions
Preparing my child for moving
Once you have arrived at your destination
Resources

If your child is not between ages 0 and 5, we have also developed a guide for the parents of children between ages 6 and 10 and another for the parents of teenagers!



TALKING ABOUT A POSTING WITH YOUR CHILD

Moving can be a stressful time for all family members. For a child, this transition can be a source of anxiety, especially if it involves changing daycares and school and making new friends. Your children can lose their bearings and, sometimes, depending on their age, they may not understand the reasons why. Here is a guide to help you deal with the posting adventure. This guide suggests ways to introduce your children to moving (before), how to prepare them for the move (during), and how to facilitate the adaptation to the new environment (after).



POSTING ANNOUNCEMENT

YOU HAVE JUST RECEIVED YOUR POSTING MESSAGE. ARE YOU EXPERIENCING A WAVE OF EMOTIONS?

There's no rush to inform your child. Take the time to think about the news and discuss it with your partner. There is no best way for telling your child about the move. How your child will view the move will depend on your attitude. It is hard to expect a positive reaction from your child if you break the news negatively. Therefore, we suggest that you:

- Take your child's age into consideration: for children ages 0-5, parents are more important than their environment. Nevertheless, your children may react to your stress. Children are often attached to objects (teddy bear, cuddly toy, pacifier), smells (parents' perfume, a room). So try to minimize stress (e.g., by not removing a pacifier before the move).
- Choose the right time to make the announcement to your children and provide enough time to answer any questions they might have. Reading a story about moving, for example, is a good way to prepare your children (your children can then refer to the character who is going through a similar situation). Your story should have a positive ending in order to help your child play down the situation. This will help them to look forward to the move positively and start talking about it with you, which will be very comforting! You too can refer to the same character to encourage your children to express themselves: this is a very good way to help your children put their emotions into words.

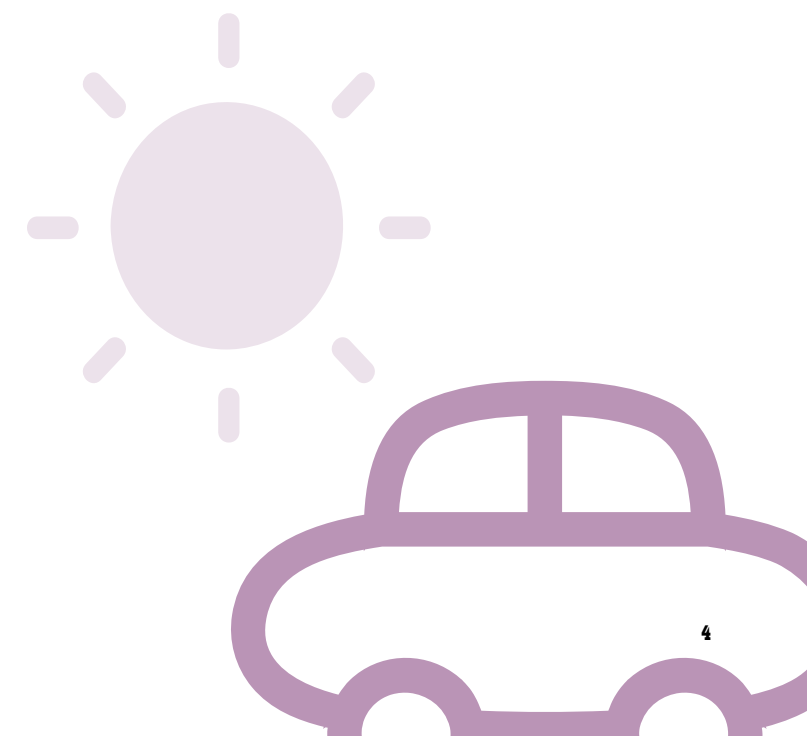


- Here are a few suggestions for reading on the topic:
 - **La famille cochon déménage**
Éditions Bayard
Jeunesse, Collection les Belles histoires
 - **Simon le raton a une nouvelle maison**
Sophie Mullenheim et Romain Éditions Auzou
 - **Changer de Maison**
Catherine Dolto
Éditions Gallimard
 - **Le déménagement**
Stéphanie Ledru
Éditions mes P'tits Doc, Milan
 - **My Mom is a Soldier** see the website www.crfmv.com
- Listen: Each child is unique and will react differently to the news. Younger children especially may not be able to recognize their emotions. Their stress could translate into mood swings, stomach aches, headaches, difficulty falling asleep or tantrums.

- Adopt a reassuring attitude: Your child will be more accepting of their new reality if you don't see it as a negative, or even terrible, event yourself. Don't hesitate to tell your child how you feel and reassure them.
- Involve them in the preparations: Even though your head is all over the place, you can try to make a list for your children, so they can give you a little help (collecting things that are important to them and sorting out toys they no longer play with).
- Take your child to visit your new home (if possible). Some parents prefer to visit their future home with their partner. If this is your case, once you have made your choice, allow your child to visit the neighbourhood and parks, walk past the house and your child's future school or daycare. This step will give your child a real idea of what's coming and will allow them to familiarize themselves with their new environment. If your child cannot be present when you are looking for a new place to live, take as many pictures as possible of their future room, parks and neighbourhood. The

Google Maps application and its Street View function can also be an interesting tool. In any case, be attentive and accept your child's emotions.

- Until you have announced the move, be careful not to talk about it when the child seems busy with other things but can hear you. If there are topics that you think might be stressful for them, make sure you have these conversations at times when they aren't present or won't be listening. Children listen to us more than we think they do!



UNDERSTANDING MY CHILD'S REACTIONS

ACTING ACCORDING TO MY CHILD'S REACTIONS

There are as many possible reactions to a posting announcement as there are children! As mentioned earlier, toddlers care more about their parents than about their environment. There is often a direct link between your own adaptation to change and that of your toddlers, and children are very responsive to their parents' emotions. Some will see the situation very negatively and react more, while others are more nuanced – some even look forward to it! Either way, you have a major role to play as a parent. You will have to set an example, reassure, listen and help your child adapt to the new situation. So it's important to adjust to your child's personality, development and age. Here are a few strategies that can help you be an ally of choice for your child:

- Listen with empathy, without dramatizing. You want to answer their questions and their childhood fears. You must also be careful with your non-verbal communication: children observe you a lot.
- Set an example by being positive and even enthusiastic about the change yourself. Talk about the reasons for the move by taking out the positive points, as they may not realize the positive points of the move on their own. Your positivism will therefore be very reassuring for your child. You can point out very concrete positive aspects, *such as the fact that your child will be able to choose the new theme for their bedroom.*

- If their reaction seems rather negative to you, accept and normalize their emotions. Simply tell your children that it is perfectly normal and that they have the right to feel sad, disappointed or angry and that you understand that this is how they feel. There are appropriate ways to express and acknowledge emotions. You can accompany your child in finding solutions to soothe them (*e.g., breathing techniques, letting off steam in a physical activity, music, drawing, hitting a cushion*).
- Your children may not want to talk about it. It's their right. In this case, you can remind them that you are there and that it is also possible to talk about it with someone they trust, such as grandparents, family friends, uncle, aunt or teacher. They are not alone!



PREPARING MY CHILD TO MOVE

As the moving date approaches, your anxiety level may increase, which may also increase your child's anxiety level in the weeks/days before the move. Here are a few things you can do to help ease the tension:

- Organization and preparation are the keys for decreasing stress. To help you, you can attend the posting preparation workshop if it is offered by your MFRC. Tools are also available from our Posting and Absence Support team such as a list of things not to forget.
- Try to keep a basic routine (eating, bathing, sleeping), since children like routine and stability. A routine will help the child keep their bearings and give them the impression that life goes on.
- It is important to adapt and listen to your children's needs. Ask your children how they want to handle leaving:
 - Do they want to have a going-away party with their friends?
 - Do they want to do a special activity?
 - How do they want to break the news to their friends?
- You can suggest a few ways of staying in touch with current friends (only if your child wants to stay in touch). Here are some things you can do with your child before you leave:
 - Help your child to make moving cards for friends, with the new address and phone number. Your child will be able to give the cards to the friends they choose.
 - Create a souvenir box or scrapbook with photos of friends here, your child's room, your house and places they like.
 - Personalize a contact book with a photo of each friend, addresses, emails and phone numbers, complete with a decorative design.
- If necessary, reassure your child that there are interesting ways to do simultaneous activities in spite of distance (*e.g., cooking, watching a movie at the same time, doing a craft for a friend, showing their new room*).



- Have your children participate in the posting process. Here are a few ideas:
 - Give your child the task of decorating some of the moving boxes (with stickers and drawings), the boxes that will follow you during transport.
 - Make sure that your child collects some personal belongings that they will keep with them on the road (teddy bear, cuddly toy, books).
 - Make them responsible for finding activities to do on the trip and for picking games or movies to watch on the way.
 - Also get your children involved in your new home; let them choose the colour of their room, accessories and decorations.

Although it is not always possible for various reasons (reporting date), and if it applies to your child (preschool), try to schedule your moving date close to the start of the school year to reduce anxiety and feelings of isolation. This will also help your child to make friends more quickly.

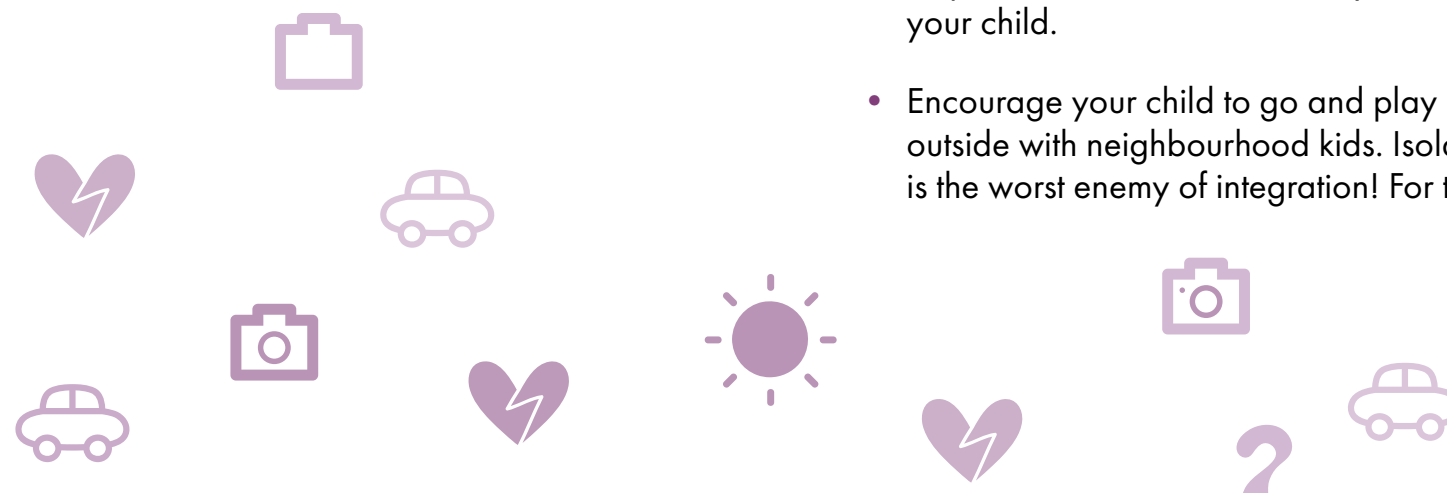


ONCE YOU HAVE ARRIVED AT YOUR DESTINATION

HELPING MY CHILD TO ADAPT TO A NEW ENVIRONMENT

Your child's adaptation and integration period in their new environment will depend on several factors (nature of the new environment, personal characteristics, parental support, and availability of resources). You can help them adapt by using some strategies:

- Remain attentive, reassuring and listen to their needs, without being intrusive. Establish a balance. Humour will help defuse the situation.
- Continue to set a good example by remaining positive in the face of new environments. Be careful: your words should match your non-verbal behaviour. Your child listens to you and observes you continuously!
- Continue to help your children express their emotions in words. There are tools available to help you recognize your child's emotions, such as books, games, films and pictures.
- For infants, it's a good idea not to change the decoration of their room too much. Keep things that will make them feel secure (their comforter, pillow, cuddly toy, teddy bear, night light).



- Remain understanding and patient when facing certain normal reactions following the move. Here are some of the normal reactions you may see in your child:
 - Poor appetite
 - Complaints (stomach ache)
 - Insomnia (frequent awakening, nightmares)
 - Regression(s) (language, toilet training, autonomy)
 - Mood swings (angry, sad)
 - Reactions will often return to normal when your child feels safe again.
- Sign up for interesting activities for you and your children (sports, music, parent-children groups, artistic workshops, daycare). Children will understand that the situation isn't so bad and that life goes on!
- Tour the neighbourhood and visit the city with your family (parks, library, pool, and arena) to adjust to the new environment. This will help create new landmarks for you and your child.
- Encourage your child to go and play outside with neighbourhood kids. Isolation is the worst enemy of integration! For this

step, you can support your child at the beginning, if needed. Making new friends is a great learning experience for your little ones and requires a little assistance from you.



RESOURCES

Questions or concerns? The Childhood Services and Posting Support teams at the Valcartier Family Centre are always available to provide personalized support.

Valcartier Family Centre

- Tel : 418-844-6060
- info@crfmv.com
- www.crfmv.com

 [CentredelaFamilleValcartier](#)

 [Centre de la Famille Valcartier](#)

Information about your MFRC:

- www.cafconnection.ca

A FEW ADDITIONAL RESOURCES

- Ligne parents (Parents help line – French)
 - Tel: 1-800-361-5085
 - www.ligneparents.com
- Relevailles Québec (Help for new parents – French)
 - Tel : 418-688-3301
 - www.relevaillesquebec.com
- Entraide parents (Support for parents – French)
 - Tel : 418-684-0050
 - info@entraideparents.com
 - www.entraideparents.com





AGES 6-10

Talking about a posting with your child
Paving the way
Announcing the posting
Understanding my child's reactions
Preparing my child for moving
Once you have arrived at your destination
Resources

If your child is not between ages 6 and 10, we have also developed a guide for the parents of children between ages 0 and 5 and another for the parents of teenagers!

TALKING ABOUT A POSTING WITH YOUR CHILD

Moving can make anyone feel insecure. This is just as true, if not more so, for your child, who hasn't asked to leave and who will have to deal with several bereavements at the same time. As a parent, you may find it difficult to discuss the situation with your child, which is normal. Here is a short guide to make it easier to talk about posting with your child, prepare them and help them adapt to the new environment.

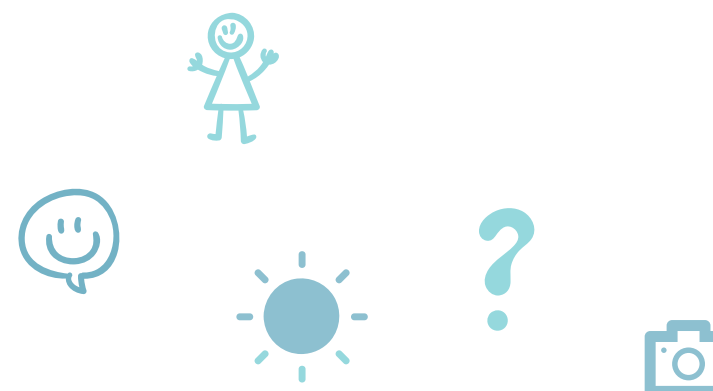
PAVING THE WAY

PAVE THE WAY IF THERE IS A POSSIBILITY OF A POSTING BY ENCOURAGING MY CHILD'S FLEXIBILITY AND ABILITY TO CHANGE.

Depending on their age, your child will be more or less aware of the military environment and the possibility of moving. Whether or not your child fully realizes this is abstract to them, especially if they have never experienced it. You can put certain means in place to help your child develop the ability to adapt to change. Here are a few suggestions on how to create winning conditions:

- Regularly discuss with them the possibility of moving and ask your child what they think of this possibility.
- Read stories about moving from time to time.
- Do they have any friends or acquaintances who have already been through a posting? If so, ask them to talk to your child and ask them questions about their experience.

- Learn about Child and Youth Services at your MFRC and in the broader community based on age. This will allow your child to get to know and feel comfortable with the MFRC and its services faster after the move.
- Encourage them to sign up for extracurricular activities so they can get used to meeting new people and joining new social groups.



ANNOUNCING THE POSTING

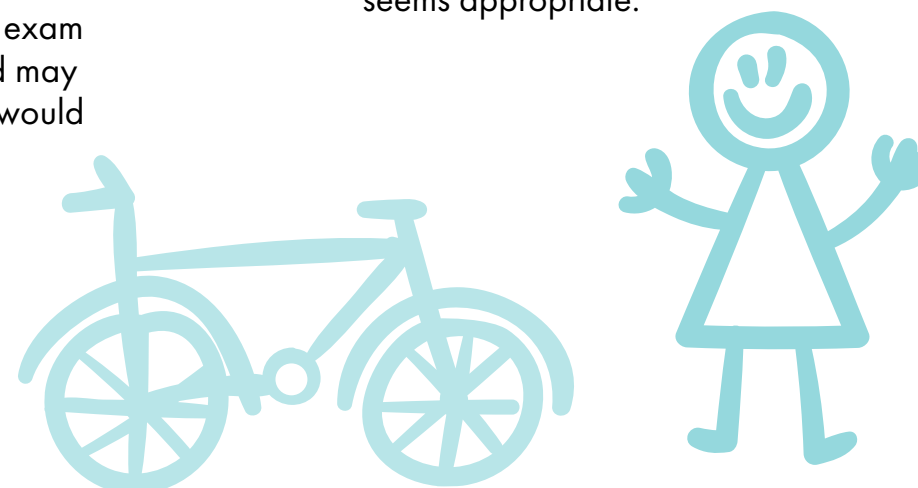
The announcement of the posting is probably the highest source of anxiety for the parent. There are no instructions on how to properly break the news to your child; it's a matter of being yourself and doing it in an environment where you know your child is comfortable. After all, you know your child best! Consider the following points to make it easier for you:

- Adapt the conversation to their age; a 6-year-old child will not have the same understanding of the situation as a 9-year-old. You know better than anybody how to discuss sensitive topics with your child. If you have more than one child, you may have to make the announcement separately to them.
- Take the time to properly explain the situation. Avoid breaking the news in the middle of a regular conversation.



- Avoid putting your child in a situation where they could feel pressure, cornered or judged (i.e., many family members already know, and the announcement is made around the table with everyone waiting for the child's reaction).
- Do not announce the news during a conflict or an urgent discussion.
- Be available after the announcement; if your child doesn't want to discuss it now, they will probably want to do so later.
- Encourage them to express themselves using other means if it is easier for them to do so (drawing, painting, pictures of emotions that they can use).

- If your child is younger, you can help them understand the situation with a story like "My Mom is a Soldier" or a movie like "Inside Out" that deals with the emotions related to moving. Don't hesitate to ask a counsellor of the Posting Support team for more tools and ideas.
- Perhaps one parent finds it easier to communicate with your child than the other. If that is the case, the parent who communicates better should make the announcement.
- Choose a good time to make the announcement; e.g., do not do it before an exam or before bedtime because the child may have worries or questions that they would not be able to discuss with you.
- Use your judgment to decide whether you should give the child the news as soon as you find out, or if you should delay the announcement until the departure date. Everything depends on the child: an anxious child would tend to worry and create anxiety-producing scenarios. However, they could ask questions (even more than one!) if they had enough time. In addition, if you wait too long to break the news (or worse, if your child learns about it from someone else), they might feel betrayed because you withheld information from them. There is no wrong answer, but a middle ground seems appropriate.

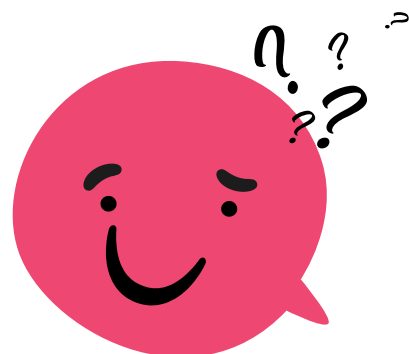


UNDERSTANDING MY CHILD'S REACTIONS

RESPONDING TO MY CHILD'S REACTIONS

There are as many possible reactions to the announcement of a posting as there are children! Your child's reaction will mainly depend on their age and maturity level, personal characteristics and the way they have been prepared for the possibility of moving. Some children see the situation very negatively and react more, while others are more nuanced – some even look forward to it! Either way, you have a major supporting role to play as a parent. Here are a few strategies that can help you be an ally of choice for your child, regardless of their perception of the transfer and reactions to it:

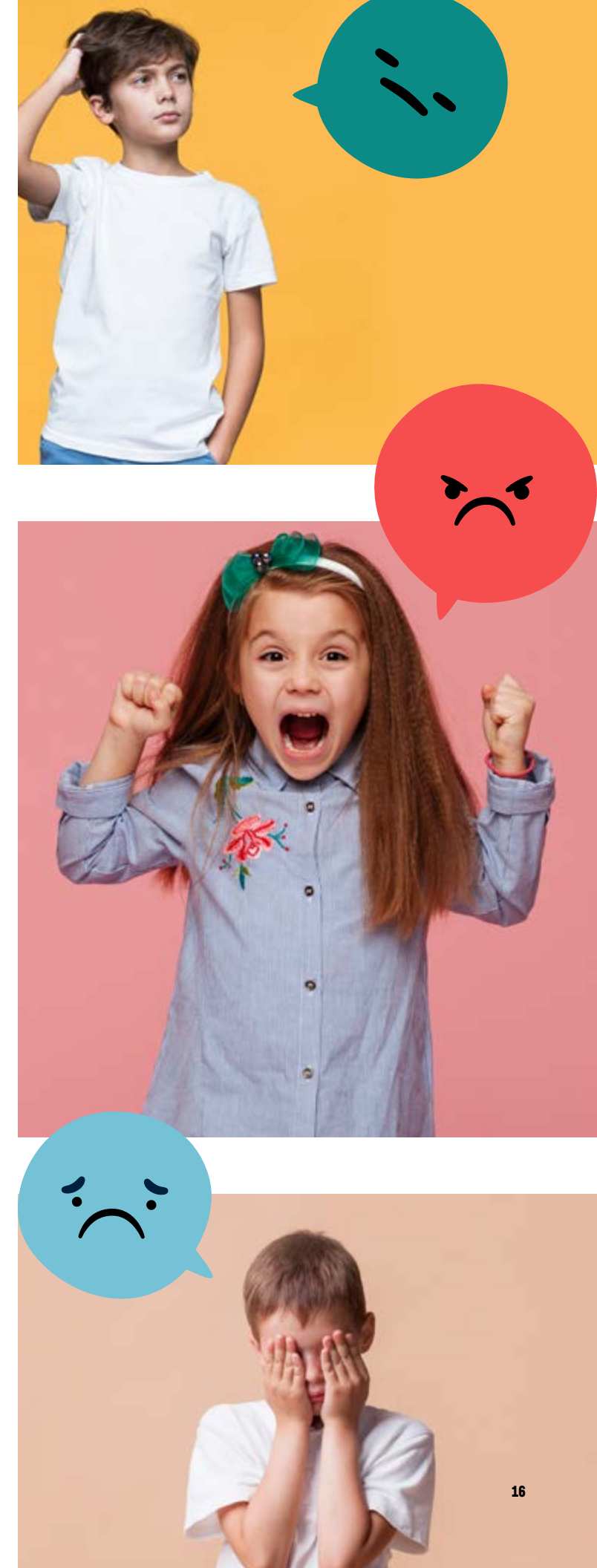
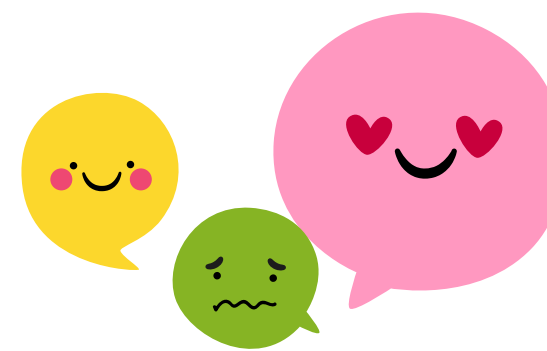
- Normalize their emotions. No one chooses how they feel, anyway! Just let your child know that it's perfectly normal (and allowed) to feel sad, angry or even to blame you and that you understand why they feel this way. There are appropriate ways to express emotions, *such as playing sports, writing, drawing and hitting a pillow.*
- Children's reactions often reflect the way the news is broken to them: it's hard to expect a positive reaction from your child if you break the news to them negatively.
- Above all, do not invalidate, trivialize or judge your child's emotions.



- Keep in mind that their perceptions are not the same as yours; asking them how they feel about the situation, what their fears are and whether they look forward to it will allow you to better assess their perception and whether or not they realize that you are going to move.
- Ask simple questions and try to put yourself in your child's shoes as much as possible. We often share our adult concerns with them, so it's important not to put words in their mouths; let them express themselves in their own words, no matter how long it may take.
- Often children need to be reassured about basic things, *such as whether their toys will move, how their room will look, whether their pets will follow, how they will visit granddad and grandma.*



- Point out to your children that they are not the only one experiencing emotions related to the situation and that you are also experiencing them; your child will see you more as a source of comfort if they feel that you are in the same boat as them.
- Avoid trying to convince your children that the posting is positive; if they are old enough to grieve, they risk feeling misunderstood and isolated (that's the last thing you want!). They will realize the positive points on their own when the time comes.
- Take the time to explain the coming steps, *such as the house sale, the trip to find somewhere to live and the people who will come to pack boxes at your house.*
- Your children may not want to talk to you about how they are experiencing the situation and that is entirely within their right! If this is the case, you can encourage your children to talk to a trusted family member or an adult at school or at your MFRC.
- It is important to inform the school of the fact that you will be moving soon so that staff can provide the necessary support for your child, if required. Keep the teacher informed of any changes in the situation (if your child is worried, if he or she is sleeping less well, if he or she is worried about friends). Sometimes teachers can do special activities in the classroom, if the schedule permits.



PREPARING MY CHILD FOR MOVING

Moving date is approaching and your child's anxiety level may also rise in the weeks/days leading up to the move. There are a few actions that can help reduce the tension, depending on their age:

- Register your child in a pre-posting preparatory workshop (if your MFRC offers it).
- Ask your child how they would like to handle their departure: would they like to have a going-away party with their friends? Is there a particular activity they would like to do? How would they like to break the news to their friends? Does your child need extra support?
- Identify with your child ways to keep in touch with their current friends. In addition to talking, there are interesting ways to do simultaneous activities despite distance (cooking or listening to a movie at the same time, live shopping) and to maintain the relationship (sending birthday cards to friends, inviting them over for the summer or longer holidays, chatting on Messenger Kids and playing online games).
- Involve them in the decision-making process when travelling for the move. (Invite him/her to make the itinerary to follow, to find the restaurants where you will stop for lunch along the way, to choose the hotel, etc.).
- Let them decide which belongings they will keep with them for the road.
- Give your child the task of finding activities for the trip (games, films).

- Create a memory box/scrapbook with photos of their friends here, their room, your house and the places they love.
- Involve your children in your new house. Let them choose the colour of their room, accessories and decorations.
- Prepare together a list of things that could simplify their adaptation, as well as likely places where children can meet (parks, day camps, pool, playing in the street).
- After you have talked to your partner, do you want your children to accompany you on your house hunting trip? If so, bring them to visit key places (houses, arena, parks, skating rink, library, school). If not, don't forget to photograph those places and take the time to look at the photos together when you get back! Don't forget to contact your children every night you are away to discuss the progress of your steps. If you want your children to accompany you, but not the whole time, check with the local MFRC to see whether you can use its daycare services during your trip.

ONCE YOU ARRIVE AT YOUR DESTINATION

HELP YOUR CHILD TO ADAPT TO YOUR NEW ENVIRONMENT

Your child's ease of integrating into their new environment and the time it takes depend on a number of factors (nature of new environment, personal characteristics). You can help them adapt by using strategies:

- You involve school staff as early as possible, even before the start of the school year.
- Remain attentive and listen to their needs, without being too intrusive. Giving them pictures of faces they can use to express their emotions can give you a sense of how your child is feeling at a particular time.
- Encourage your child to sign up for activities that interest them, such as sports, music and day camps, according to availability.
- Take a tour of the neighbourhood and visit the city, and especially the school, so your children can adapt more easily to it.
- Depending on your child's age, encourage them to go outside, even alone. Isolation is the worst enemy of integration! Encourage them go to the skating rink, to the park or to walk the dog.
- Although it is not always possible for various reasons (e.g., reporting date), try to schedule your moving date close to back to school time to reduce your child's anxiety and feeling of isolation. This will also help your child to make friends more quickly.



RESOURCES

Any questions or concerns? The Youth Services team and the deployment team at the Valcartier Family Centre are always available to give you personalized assistance.

Valcartier Family Centre

- Tel: 418-844-6060
- info@crfmv.com
- servicesjeunesse@crfmv.com
- www.crfmv.com

 [CentredelaFamilleValcartier](#)

 [Centre de la Famille Valcartier](#)

Information about the MFRC:

- www.cafconnection.ca

A FEW ADDITIONAL RESOURCES

- Children's Education Management (CEM)
 - CEMGEE@forces.gc.ca
 - www.CAFconnection.ca/CEM
- Relevailles Québec
(Help for new parents – French)
 - Tel : 418-688-3301
 - www.relevaillesquebec.com
- Entraide parents
(Support for parents – French)
 - Tel : 418-684-0050
 - info@entraideparents.com
 - www.entraideparents.com





TEENS

Paving the way

Announcing the posting

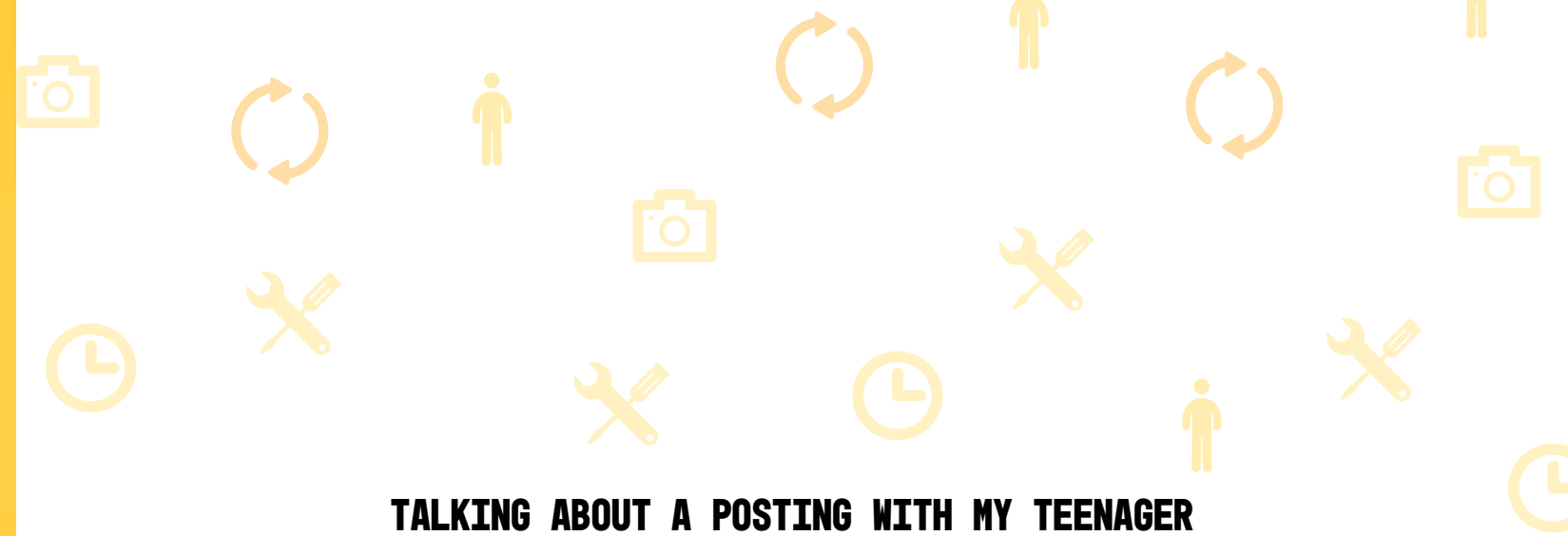
Understanding my teenager's reactions

Preparing my teen for moving

Once you have arrived at your destination

Resources

If your child is not a teenager, we have also developed a guide for the parents of children between ages 0 and 5 and another for the parents of children between ages 6 and 10!



TALKING ABOUT A POSTING WITH MY TEENAGER

Moving can make anyone feel insecure. This is just as true, if not more so, for your teenager, who hasn't asked to leave and who will have to deal with several bereavements at the same time. As a parent, you may find it difficult to discuss the situation with your child, which is normal. Here is a short guide to make it easier to talk about the posting with your teenager, prepare them and help them adapt to the new environment.

PAVING THE WAY

PAVE THE WAY IN CASE THERE IS A POSSIBILITY OF A POSTING BY ENCOURAGING MY CHILD'S FLEXIBILITY AND ABILITY TO CHANGE.

As a member of a military family, your child is very aware that they may be called upon to move a few times, if they have not already moved. However, this may seem abstract and remote to a young person who has not yet experienced it. You can help them prepare better for this eventuality by creating winning conditions:

- Regularly discuss the possibility of moving with them and ask how they view this possibility.
- Encourage them to identify and exchange with some of their friends who have experienced changes and ask them questions about their experiences.
- Encourage them to learn about youth services at your MFRC and in the community at large.
- Encourage them to sign up for extracurricular activities so that they can get used to meeting new people and integrating into new social groups.





ANNOUNCEMENT OF THE POSTING

The announcement of the posting is probably the highest source of anxiety for the parent. There are no instructions on how to properly break the news to your child; it's a matter of being yourself and doing it in an environment where you know your child is comfortable. After all, you know your child best! Consider the following points to make it easier for you:

- Avoid breaking the news in the middle of a regular conversation. *"Oh, by the way, we're moving next month!"*
- Perhaps one parent finds it easier to communicate with your child than the other. If that is the case, the parent who communicates better should make the announcement.
- Choose a good time to make the announcement. *Not before an exam!*

- Avoid putting your teenager in a situation where they could feel pressure, cornered or judged (i.e., many family members already know and the announcement is made around the table with everyone waiting for the youth's reaction).
- Do not announce the news during a conflict or an urgent discussion.
- Offer to be available after the announcement; if your child doesn't want to discuss it now, they will probably want to do so later.

UNDERSTANDING MY TEENAGER'S REACTIONS

ACTING IN ACCORDANCE WITH MY TEENAGER'S REACTIONS

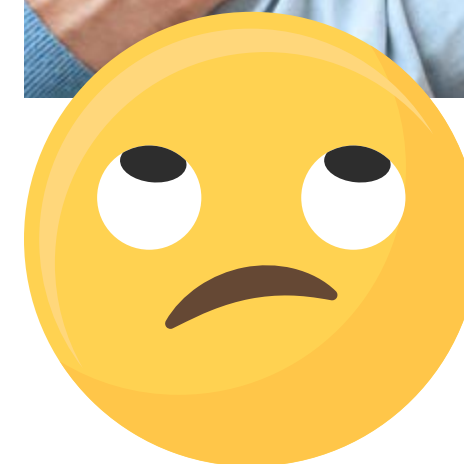
There are as many possible reactions to the announcement of a posting as there are teens! Some will see the situation very negatively and react more, while others will be more nuanced and some will even look forward to it!

Either way, you have a major supporting role to play as a parent. Here are a few strategies that can help you be an ally of choice for your teenager, regardless of their perception of the posting and reactions:

- Normalize their emotions. We do not choose how we feel, after all! Simply tell your children that it is perfectly normal, and they have the right to feel sad, disappointed, angry or unhappy with you and that you understand that this is how they feel. There are appropriate ways to express and acknowledge emotions (e.g., sports, writing, drawing, hitting a cushion).



- Teenagers' reactions often reflect the way the news is broken to them: it's hard to expect a positive reaction from your child if you break the news to them negatively.
- Above all, do not invalidate, trivialize or judge your teenager's emotions.
- Point out to your children that they are not the only ones experiencing emotions related to the situation and that you are also experiencing them; your child will see you more as a source of comfort if they feel that you are in the same boat as them.
- Avoid trying to convince your children that the posting is positive; they risk feeling misunderstood and isolated (that's the last thing you want!). They will realize the positive points on their own when the time comes.
- If they don't want to talk to you, it's their right. In that case, you can ask them to talk to a trustworthy person they know or a case worker from the school or your MFRC. Provide the contact information or leave brochures in their room or on the table.



PREPARING MY TEENAGER FOR MOVING

The fateful date is approaching and your teenager's level of anxiety will also be climbing in the next few weeks/days prior to the move. Here are a few things that could relieve the tension, depending on their age:

- Register your teen in a posting preparatory workshop (if your MFRC offers it).
- Ask your teen how they would like to handle their departure: would they like to have a going-away party with their friends? Is there a particular activity they would like to do? How would they like to break the news to their friends? Does your teen need extra support?
- Identify with your teen ways of staying in touch with their current friends. In addition to talking, there are interesting ways to do simultaneous activities despite distance (*cooking or watching a movie at the same time, live shopping*).
- Involve them in the decision-making process when travelling for the move. *Ask them to prepare the itinerary to follow, find the restaurants where you will stop for meals along the way and choose the hotel.*

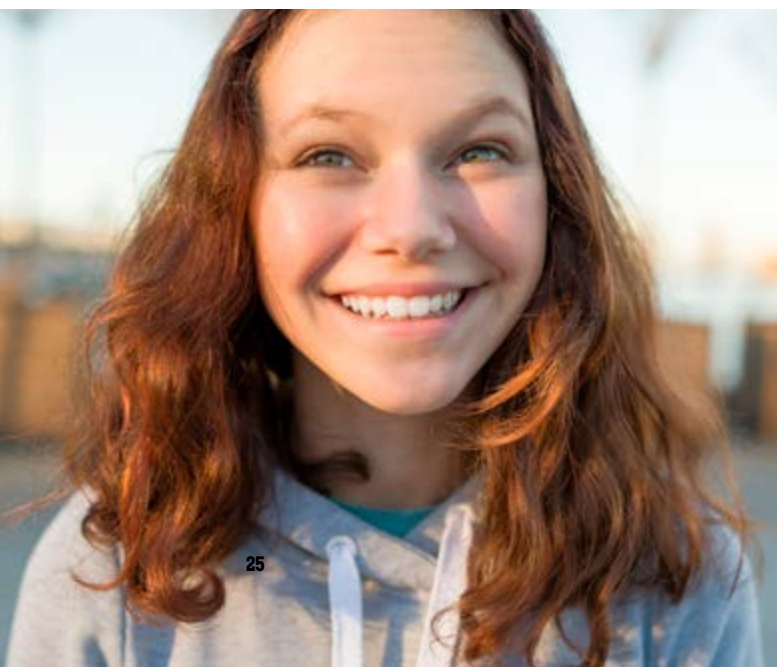


ONCE YOU ARRIVE AT YOUR DESTINATION

HELP YOUR TEENAGER TO ADAPT TO YOUR NEW ENVIRONMENT

Your teen's ease of integrating into their new environment depends on many factors (nature of the new environment, personal characteristics, parental support and availability of resources). You can help your children adapt by using some strategies:

- Let them decide which belongings they should take with them for the road.
- Give your teen the responsibility of finding activities for the trip (*games, films*).
- Create a memory box/scrapbook with photos of their friends here, their room, your house and the places they love.
- Involve your teenager in your new house. *Let them choose the colour of their room and decorative accessories.*
- Prepare together a list of things that could help their adaptation.
- After you have talked to your partner, do you want your children to accompany you during your house hunting trip? If so, bring them to visit key places (houses, arena, parks, skating rink, library, school). If not, don't forget to photograph those places and take the time to look at the photos together when you come back! Don't forget to contact them every night to talk about the progress of your trip.
- Help your children to find opportunities to get involved (*volunteer work*) or to sign up for activities that interest them (*sports, music*).
- Take a tour of the neighbourhood and visit the city so that they can adapt to it more easily.
- Encourage your teenager to go out, even alone. Isolation is the worst enemy of integration!
- Is your teen old enough to work? If so, help them to find a job if they so wish.
- Although it is not always possible for different reasons (*e.g., reporting date*), try to schedule a moving date close to the start of school to reduce your teenager's anxiety and feelings of isolation. This will also help them to make friends more quickly.
- Remain attentive, reassuring and listen to their needs, without being intrusive.
- Support your children by visiting community youth services near you *such as the MFRC and the youth club.*



RESOURCES

Questions or concerns? The Youth Services and Posting Support teams at the Valcartier Family Centre are always available to provide you with personalized support, if necessary. Here are a few additional resources:

Valcartier Family Centre

- Tel: 418-844-6060
- info@crfmv.com
- servicesjeunesse@crfmv.com
- www.crfmv.com

 [CentredelaFamilleValcartier](#)

 [Centre de la Famille Valcartier](#)

Information about your MFRC:

- www.cafconnection.ca

A FEW ADDITIONAL RESOURCES

- Tel-Jeunes
 - Tel: 1 800 263-2266
 - Text messages: 1 514 600-1002
 - www.teljeunes.com
- Kids help phone
 - Tel: 1 800 668-6868
 - www.kidshelpphone.ca
- Ligne Parents
(Support for parents – French)
 - Tel: 1 800 361-5085
 - www.ligneparents.com



