

## Helping children adapt to traveling

Traveling can be disrupting, especially for those who didn't make the choice to move in the first place, such as children. For most, moving also tends to be more difficult as friends play a more major role in their life i.e. the older they get. Besides the age factor, one must take into account the personality and temperament of your child. These characteristics are not going to change much throughout their lives. Some personalities and temperament are more inherently adaptable than others. You know your child.

Create routines and keep them going as you travel

Make sure to ask yourself how your child deals with change before you consider traveling with them. It is recommended to try and keep your routines with your children while traveling. This will help them feel more secure, especially if they take longer to adapt to change.

Involve your child in the moving process

Also, involve your child in the process of moving as much as possible. Let them decide what they want to bring. Make sure to provide them with their own space in the new location and allow them assist in decorating it with you. It may take awhile before they have adjusted enough to want to go out and socialize. Give them time to acclimate. They will come around in time.

Do something fun

As soon as you arrive at a new location, find something fun for the entire family to get involved in. This helps everyone focus on the present and look forward to the future instead of what they left behind. This also lets them know that moving can be fun.

Arrive early

Try to arrive as early as possible to your assignment location. Spend time with them before sending them off to a new babysitter or day care facility in a strange state. They will more than likely need extra attention in the beginning.

If you travel with sensitivity to their feeling and individuality, you will be teaching them many valuable life lessons. Traveling can be a great teacher. They can learn self reliance, how to blend into a new culture, how to face unknown situations without fear. After moving a few times without dieing, children get the idea that things change, but they will be ok. This is a valuable lesson we all need to learn over and over from time to time.

## Bibliography

Telemag.com. Moving with small children by Patricia Linderman