

# WORKING THROUGH TOUGH TRANSITIONS WITH CHILDREN



For military-connected students, who on average move 6-9 times during their K-12 academic career, moving can be difficult and stressful. Everyone handles moving and transitions differently. Transitions are a process or a period of changing from one state to another. Be aware of signs that may have negative impact on your child's transition and try some of these best practices to help ease theirs and your Permanent Change of Station (PCS) move.

## TYPICAL SIGNS OF A TOUGH TRANSITION

**DENIAL:** When your child shows no interest in the upcoming move. Will refuse to acknowledge the transition is happening.

**RESISTANCE:** When a child will actively resist the PCS move. They may withdraw, act out of anger, try to avoid the problem through escape, or become open to outside influences and unhealthy choices. After a PCS move, your child may refuse to make new friends and explore their new environment.

**ANXIETY:** Children often feel restless and begin to worry about this PCS. They may experience trouble sleeping and develop anxiety about the new environment.

**DEPRESSION:** Is a result of the previous characteristics not being managed, supported, or addressed. Building trust in a new environment for a military-connected child is not an easy one. They might be thinking...Will this new environment be dependable, trustworthy, can I rely on the schools and others here?

## RESOURCES AND INFORMATION

CURRENT INSTALLATION	RECEIVING INSTALLATION	SCHOOL TRANSITION ASSISTANCE	CHILD AND YOUTH PROGRAMS TRANSITION ASSISTANCE
<ul style="list-style-type: none"> <li>• Connecting with installation School Liaison (SL) to provide warm handoff to receiving installation.</li> </ul>	<ul style="list-style-type: none"> <li>• Connecting with installation SL for resources and referrals</li> <li>• Installation social media channels to learn about community engagements</li> <li>• Marine &amp; Family Programs</li> <li>• Attend the Welcome Aboard workshop to learn of resources that can support your family</li> </ul>	<ul style="list-style-type: none"> <li>• Purple Star schools</li> <li>• Peer-led transition programs</li> <li>• Welcome Committees</li> <li>• School Military and Family Life Counseling (MFLCs)</li> <li>• Ambassador programs</li> </ul>	<ul style="list-style-type: none"> <li>• Installation Youth Sponsorship Program</li> <li>• School Age Center</li> <li>• Youth Centers</li> <li>• Youth Sports</li> <li>• CYP MFLC</li> </ul>

As a parent/guardian of a military-connected child, it is important to acknowledge concerns with any PCS move. Help with giving your child's feelings a name so that you both can work through and address the change. Be patient with your child as they go through these transitions. Create a safe place to reassure and validate your child's feelings.

Be aware of MCCS resources (**CYP, SLP, MFLC**) available to help you and your child cope with this transition.