

Tips on helping a child move to a new city

Psychologist Thomas Olkowski suggests these activities to help children and their families say goodbye to the city they're leaving:

- Take a farewell tour of favorite places where you've enjoyed good times.
- Give friends postcards with the child's name and new address so mail will be waiting at the new house.
- Have children memorize their new address.
- Make a donation to the child's school, team or church, a way for the child to say "Thanks for my time here".
- Plant a flower in the back yard of the house you're leaving. Or hide a tiny toy somewhere in the house so there's a part of the child that will always be there.
- Take a break from unpacking to explore the neighborhood on a family walk.
- Give the kids something to do: unpack a box, clean the windows.
- Set daily goals to accomplish the little things that make a new place feel like home: getting a library card, checking out the recreation center.
- Make a neighborhood map and start filling in places you've discovered. Talk about unhappy feelings. It's OK for kids to say they miss their friends or the old house or their grandparents.
- Take pictures to send back to family and friends. Stay in touch via postcards or e-mail.

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