

About Moving

a newsletter for people who care about self-esteem

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Dear Reader:

Moving is a *sometimes* experience for some of us and a *frequent* experience for many of us. Whether moving is happy or traumatic, it is always stressful. In this issue of **WE** Carole Gesme offers six activities from her new book, **Help for Kids: Understanding Your Feelings About Moving**. The six pages are taken directly from this engaging fifty-six page book.

I hope that you will share these activities and this book with children who are moving from city to city or school to school. Some adults have already used this book to help them with a current move or to help them recover from a past move.

You will also find Carole's list of other children's books about moving.

Sincerely,

Dear Reader,

I have recently finished a workbook designed to help children deal with their feelings about moving. Moving can be both exciting and difficult, and this workbook will help make the transition of moving an easier one for children. **Help for Kids: Understanding Your Feelings About Moving** is written for children ages six and older.

My brother, Larry Peterson works in real estate. He told me about the trauma that moving causes children and we worked together to create a workbook that can help children and their parents make a better and less stressful move. This is a personal triumph for Larry and me because we ourselves suffered from a stressful move as children.

Any sort of change causes stress, and moving involves lots of changes which can lead to incredibly high stress level for both adults and children. Parents, motivated by love, want to protect their children and create a carefree and low stress environment for them to live in. But not being allowed to take part in a move and receive help in dealing with the feelings that moving presents can create even more stress than the moving itself.

For example, when Bob's parents moved, instead of explaining what was happening around him and letting him see his belongings be packed up and moved from the old home to the new home, Bob's parents sent him to his grandmother's house for a week. They brought him into the new home once everything was all unpacked.

Heidi's parents wanted to protect her from the anxiety and worry of moving, so they did not tell her that they were moving. One day Heidi returned home from school and saw a moving van in front of the house. Her parents put her in the car and drove across the country to their new home. Both Bob's and Heidi's parents were surprised when their children responded with bedwetting, fears, nightmares, acting out, etc.

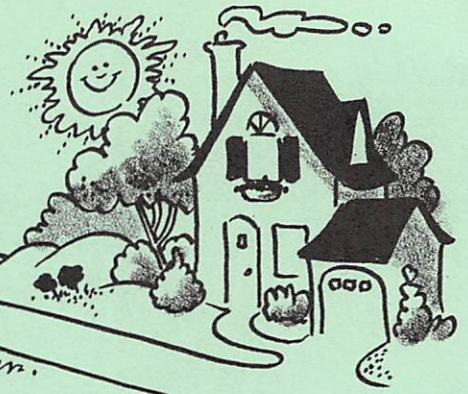
Adequate preparation makes transitions easier for children. The workbook contains over 70 individual exercises, group exercises and games that allow children to express how they feel. It also offers suggestions on how children can prepare for a move and be involved in the moving process. Use Larry's Real Estate Dictionary to help you explain what is happening.

Help for Kids: Understanding Your Feelings About Moving can be utilized in several different ways: by individuals and families who are moving, by teachers and counselors, and by adults who want to resolve their own feelings about moving.

Sincerely,

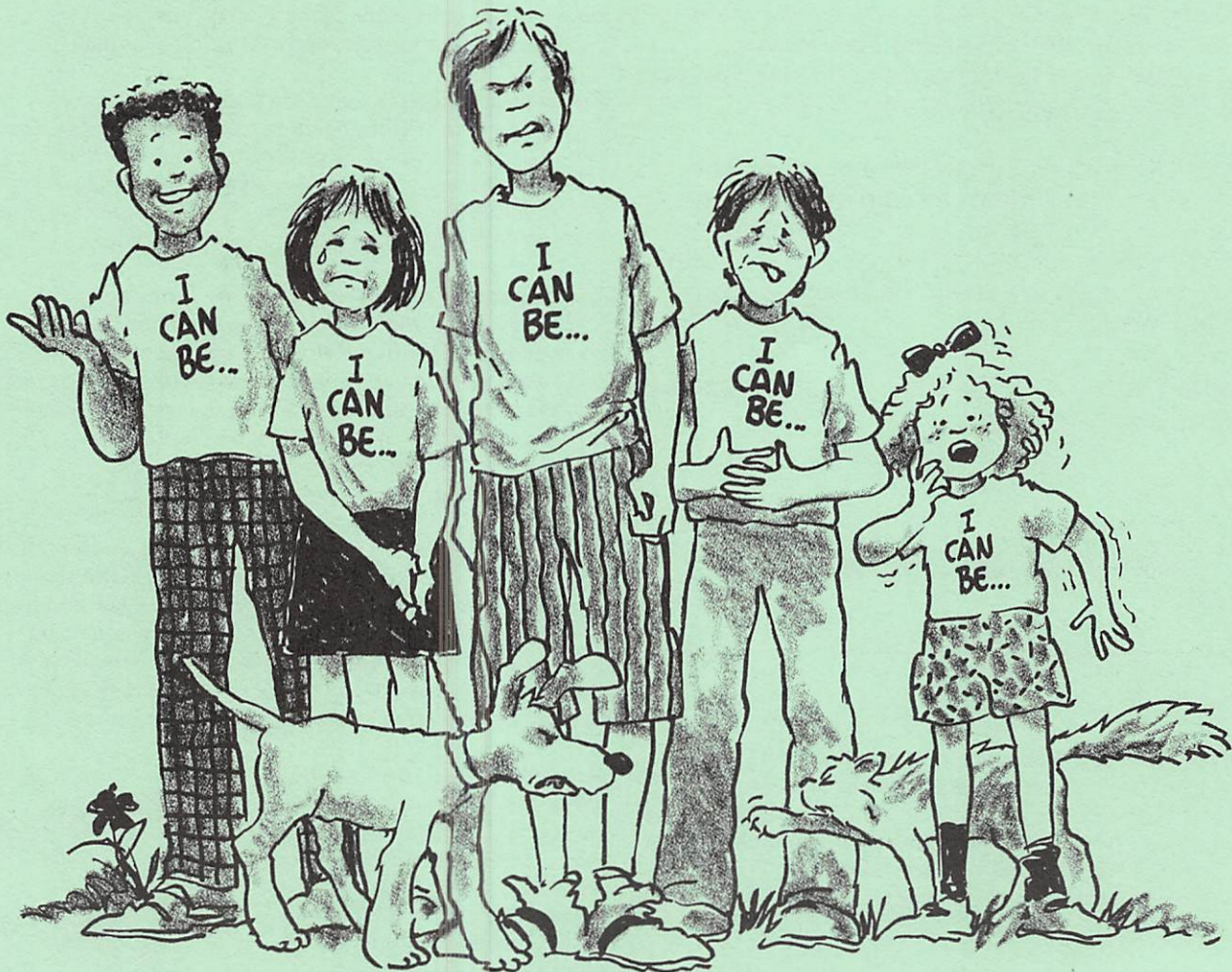


FEELING YOUR FEELINGS



When you are worried about moving, even if you are not thinking about it, your body will let you know. Sometimes we don't feel our feelings. We may store them in our bodies, and our muscles get tight. Instead of feeling afraid, worried, scared, or mixed-up, we may feel things like stomach-aches or headaches. A feeling is your body's way of letting you know something is going on.

Feelings are normal and natural. They are all okay to have. Later we will talk about what to do with them. First, show where you feel your feelings in your body by coloring those areas on the kids below.





WHY I'M MOVING



Families move for many different reasons. Find out why your family is moving. Listed below are some of the reasons. If you find the reason that your family is moving, circle it. If the reason that your family is moving is not on this list, write it in.

- Your mother has a new job somewhere else.
 - Someone is ill.
 - Your family bought a new home.
 - Your dad lost his job.
 - Your family wants a different lifestyle.
(Example: farm, country, townhouse, city)
 - Your mom lost her job.
 - Your family is having financial problems.
 - Your father got a promotion.
 - Your parents are getting divorced.
 - Your family needs a larger place to live.
 - Your family needs a smaller place to live.
 - Someone has died.
 - Your mother got a promotion.
 - Your father has a new job somewhere else.
 - Your father is being transferred. (AGAIN!)
 - Your mother is being transferred. (AGAIN!)
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Other Children's Books About Moving

- Anderson, Peggy. **Moving is No Fun.** Seattle: Parenting Press, 1992. Fiction.
This book helps 7 to 11 year olds make friends in a new school.
- Banks, Ann and Nancy Evans. **Goodbye, House - A Kid's Guide to Moving.** New York: Harmony Books, 1980. Nonfiction.
This book describes a child's diary of a move in scrapbook form. Highly recommended.
- Berenstain, Stan and Jan. **The Berenstain Bear's Moving Day.** New York: Random House, 19481. Fiction.
The Berenstain Bears make a move and quickly turn their new house into a home.
- Berenstain, Stan and Jan. **The Berenstain Bears and The Trouble With Friends.** New York: Random House, 1986. Fiction.
The story of a new family moving in across the street and making friends.
- Friedrich, Barbara and Sally Hulstrand. **Did Somebody Pack the Baby?** Englewood Cliffs, NJ: Prentice-Hall, 1978. Nonfiction.
A guidebook for moving which includes chapters on moving overseas and moving with children.
- Hickman, Martha Whitmore. **My Friend William Moved Away.** Nashville, Tenn.: Abingdon Press, 1979. Fiction.
This first person account emphasizes the loneliness that a young boy feels after his close friend moves.
- Hoffman, Mary Ann and Filomena Sittler. **A Special Family.** Color illustrations by Susan Strok. Annapolis, MD: Naval Institute Press, 1981. Fiction. This story focuses on a Navy Father's deployment and how it affects his family.
- Hoffman, Mary Ann and Filomena Sittler. **The Parent's Guide to Navy Life.** Annapolis: The Naval Institute Press, 1981. Nonfiction.
This book explains how the Navy is organized; provides information on finances, privileges, and benefits; and gives advice on how to handle moves, deployments, and the Navy lifestyle. An excellent bibliography on military life is included.
- Johnston, Tony and Tomie dePaola. **The Quilt Story.** New York: Random House, 1981. Fiction. A story of a little girl's move, and the comfort she finds with her familiar quilt. Highly recommended.
- Mack, Nancy. **I'm Not Going.** Milwaukee, WI: Raintree Publishers, 1976. Fiction. A very believable story that focuses on a young child's negative reaction to moving.
- Rogers, Fred. **Mr. Roger's Neighborhood Moving.** New York: G P Putnam's Sons, 1987. Nonfiction.
A pictorial book showing the moving process while also addressing feelings.
- Tobias, Tobie. **Moving Day.** New York: Alfred A. Knopf, 1976. Fiction.
This story describes a family move from the child's perspective.



MOVING



Things You Can Do Before Moving

Weeks leading up to moving day can be very busy. Some ways to keep yourself busy and feel included in the move are:

1. Go to the library and learn more about the new area you'll be living in.
2. Learn and practice writing your new address.
3. Make a family calendar just for moving. As your family finds moving jobs that need to be done, list them on the calendar and specify whose job it is.
4. Write a letter to the people who are moving into your old house. (See page 31.)
5. Find a pen pal in your new neighborhood.
6. Visit new neighbors. (if possible)
7. Plant a new flower at your old house and plant one at your new house when you move in.
8. Using a floor plan draw the different rooms in your house — mark your own room with a star. (See page 33.)
9. Learn emergency phone numbers and exit routes in your new house in case of emergency.
10. Gather all kinds of information on the new place you'll be living:
 - Get a map of the area you will be moving to. (Ask your real estate agent for help.)
 - Write to the Chamber of Commerce for information about the new city you are moving to.
 - Watch the daily news for information about the area.
 - Read the daily newspaper to learn what the temperature and weather are like where you'll be living.
 - Rent videos about the area.
 - Go to the library and research important places near your new house.
11. Pack and label a special box of your own things your own way. Then when you get to your new home you can unpack it yourself.
12. Interview other people, or friends, who have moved. (See page 10.)
13. Make your own "time capsule." Fill a container, or box with a collection of family items which represent each member of the family. Add pictures of everyone and add a newspaper from the day you move. Seal the container and open it the next time you move or in 10 years.
14. Make your own new house using cardboard boxes or whatever you want to make it out of, and then decorate it.
15. Locate what is in your new and old neighborhood. (See page 27.)

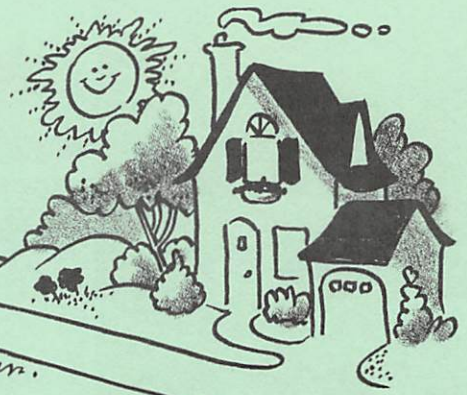
NEIGHBORHOOD

Circle the places and buildings that are in your neighborhood now. Then color in the places and buildings that are in your new neighborhood. If you have already seen your new neighborhood mark the things you've noticed. If you have not seen your new neighborhood ask your parents or Realtor® what places they know about.





NEW FRIENDS



How to Make a New Friend...

You deserve to have new friends at your new home. Now that you know what you're looking for in a new friend, here are some ideas from the book *Growing Up Feeling Good* by Ellen Rosenberg that you can use when making new friends at your new home.

1. Realize that you want to make a friend.
2. Think about who you might like to have as a friend. Look around carefully. Try not to judge people by their looks or their size or where they live. These outside things don't tell you what you need to know. You must learn how that person is on the inside. It's important to learn if you can be comfortable with this person, if you can have fun together. Could you trust this person? Could you be honest with this person? Pay attention to him/her on the playground, in class, in the lunchroom, on the way to and from school.
3. When you have chosen the person you think it would be nice to know, begin by speaking to him/her. "What did you think of the math test?" "Wasn't that concert great?" "Would you like to eat lunch with me?" A beginning can be just talking. What if they don't talk back? Well, you haven't lost anything by trying. You still have everything you walked up to the person with. You have you and that's very special. Repeat 5 times: "It's their loss." If the answer is no, it doesn't mean that something is wrong with you. It's just that not everyone likes everyone else.
4. If you are rejected, find a new person and start again. Keep trying. This might not be easy, but don't give up. There's somebody out there for everyone.



HELP FOR KIDS!

Understanding Your Feelings About Moving

For Kids Ages Six and Older



* SPECIAL INTRODUCTORY * OFFER

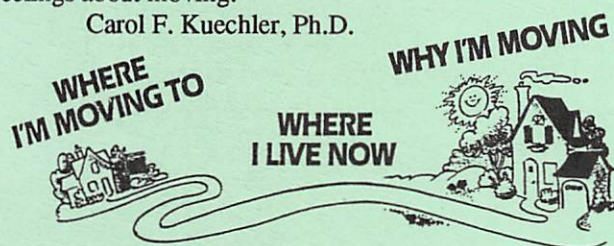
As a subscriber to "WE,"
Receive **HELP FOR KIDS**
for the reduced price of \$9.95

"Moving presents joys and problems. This book can help families share the joys and talk through the problems."

Jean Illsley Clarke, author of
Self-Esteem: A Family Affair & Growing Up Again

"Using this book can help kids and parents experience all their feelings about moving."

Carol F. Kuechler, Ph.D.



How To Use This Workbook:

- Give it to a child.
- Use it in a group or individual setting.
- Use the whole thing or just one activity.
- Do the same activity on different days to see how feelings change.



What This Workbook Does:

- Guides kids through a series of activities to help them accept their feelings about moving.
- Offers help to adults.
- Teaches real estate terms.
- Invites families to play together and have fun while using the moving games.

Order Form

Send _____ Help For Kids workbook
at ~~\$12.95~~ to:
\$9.95

Name _____

Address _____

City _____ State _____ Zip _____

Please send check or money order to:

Carole Gesme
4036 Kerry Court
Minnetonka, MN 55345 or call (612) 938-9163

Shipping charges:

0 - \$ 9.99 - \$2.75	\$50 - \$74.99 - \$ 9.30
\$10 - \$24.99 - \$4.40	\$75 - \$99.99 - \$10.45
\$25 - \$49.99 - \$6.60	\$100 plus - \$11.95

_____ book (s) @ ~~\$12.95~~
\$9.95 _____

6 1/2% Sales Tax
(MN Residents) (\$.65) _____

Shipping _____

Grand Total _____



*Special offer only good until
August 15, 1992!*

Opening Activity

For focusing on Moving

- Hand out name tags.
- Choose a partner. Make a name tag for him and ask him to tell you about a time that he moved.
- Introduce your partner and tell the group one joy or one problem about his move if he is willing for you to share that information.

Closing Activity

That encourages people to make moving a more Positive Experience

At the end of the meeting, briefly review the activities of the meeting.

- Ask several people to share one thing they learned about moving that they can use in the future.
- Ask for Resentments. Listen to resentments, do not defend or explain.
- Ask for Appreciations.

MOVING

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Designed by Kreatez Art/Advertising
WE

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materials to use individually
or in support groups.

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newsletter for people who care about self-esteem

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TRAINING OPPORTUNITIES

Facilitator Training

A week-long workshop for people who want to learn group Facilitation skills.

September 21-25, 1992, Minneapolis, MN

Reminder: Facilitators who have taken the workshop anywhere may repeat it in Minneapolis for half price.

Growing Up Again

A three day workshop for people who have taken the Self-Esteem Facilitator Training.

September 28, 29, 30, 1992, Minneapolis, MN

Transactional Analysis 101

A Friday evening and all day Saturday overview of TA theory and practice.

September 18, 19, 1992, Minneapolis, MN

Transactional Analysis Training

Two of a series of workshops on the psychological system of Transactional Analysis for beginners, for professionals, and for those who want to become certified Transactional Analysts.

September 11, 12, 13 - Ego States

How I Came to Be Who I Am

October 9, 10, 11 - Symbiosis

How Much Dependence Is Too Much?

Write to **WE** for details on the workshops.

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