















IMAGINE STEPPING INTO  
YOUR CHILD'S WORLD AND  
SEEING THINGS FROM HIS  
OR HER POINT OF VIEW.

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# Getting to know your children again

When you return, you will have to get to know your children again. Rebuilding trust and closeness takes time. Remember that children want to be close again but they don't always know exactly what to do. Here are some ways you can help them.

-  Take it easy and let things happen naturally. Don't force your children to hug or play with you. Give your children "warm up" time to readjust to you at their own pace.
-  Arrange a special time with each child to reconnect (have a picnic, ride a carousel, go to the video arcade, etc.).
-  Spend time with your children looking at the family scrapbook, their artwork, schoolwork, etc.
-  Show an interest in the everyday events of your children's lives.
-  Find out what new interests your children developed while you were away.
-  Praise your children for helping out while you were away.
-  Give each child a "bravery medal" for being brave while you were gone.
-  Discuss your feelings about returning and encourage your children to do the same.
-  Listen sensitively to your children. Let them know you are interested and ready to hear all they have to say.
-  Ease back into family routines.
-  Discipline your children with care and love.
-  Seek help from the Family Center in your installation, if needed.

## When both parents or single parents are going away

-  Make a smooth transition from caregiver to parent, keeping routines as normal as possible.
-  Talk to the caregiver about how your children may have changed while you have been away.