



**United Through Reading**  
**Talking with Children About Moving & Transitions**  
*A simple discussion guide for families and educators*

Moving to a new place can bring many feelings: excitement, worry, sadness, curiosity, and hope. Talking openly about these emotions helps children process change and build resilience. Use the questions below to start conversations at home, in classrooms, or during group activities discussing the book, *Home Moves With Me*, published by Elva Resa.

➤ **Lower Elementary:** Keep conversations simple and focus on feelings.

- How do you think someone might feel when they move to a new place?
- What are some things you might miss about your old home or school?
- What are some things that might be exciting about a new place?
- What helps you feel brave when something new happens?
- Who are people you can talk to when you feel worried or sad?

➤ **For Parents & Caregivers:** Children often experience mixed emotions during transitions. Open conversation can help them feel supported and understood.

- What emotions might children experience before and after a move?
- What routines can help children feel stable in a new place?
- How can families stay connected with friends and communities from previous homes?
- What signs might show a child is struggling with a transition?
- How can you create opportunities for children to talk about their feelings?

**Try This Family Conversation Starter: “Two Things I’ll Miss, Two Things I’m Excited For.”**

This simple activity helps children understand that it’s okay to feel both happy and sad during times of change and validate both sets of feelings.

Invite each family member to share:

- Two things they will miss from the last place
- Two things they are excited about in the new place

Strong families grow through shared stories, open conversations, and the reassurance that home is wherever we are together.