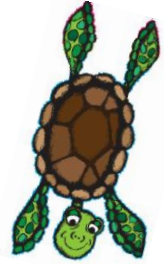




# KidSMART

## Relocation



### **Parent Information Sheet**

#### **Program Overview**

KidSMART: Relocation is a four week program offered to Defence children who will be moving locations or who are newly arrived to a location, as a result of service requirements. The program aims to enhance their resilience and assist them to develop a tool kit of skills, which will support them to manage relocation. The program is designed to strengthen ADF families with primary school aged children to thrive in a changing environment. This is achieved by assisting children to develop:

- Resilience/copings skills;
- Self-awareness/self-management;
- Stress management/self-care strategies; and
- Normalising emotions surrounding change.

The program is structured around a story about the program's mascot, Tyler Turtle. Through the use of narrative, children are able to explore their own self knowledge and coping strategies and make decisions regarding constructive approaches to problems that arise throughout the stories. Children can relate the experiences in the stories to their own situation and explore alternative responses open to them. Children also share knowledge and ideas with others, which helps to normalise their experiences and to consciously use coping strategies that work for them.

#### **Program Structure**

Each session will start with afternoon tea, followed by a game and then the story. During the second part of the program children will participate in making a craft item relating to the strategy discussed in the story. They can then attend the KidSMART shop (much anticipated part of the program) where they can spend the points they have received throughout the session, earned through participation. Children will take a copy of the book home each week to read with their parent.

#### **Session One: Relocating**

The aim of this session is to assist Defence children to cope with the news that they will be moving and to discuss strategies for remaining in contact with friends. In this session children will develop a memory book and consider the

positive aspects of relocating as well as the challenges. We also explore ways to remain connected with friends in the losing location.

### **Session Two: New Home**

Key concepts: It is important to explore new surroundings and communicate as a family about new environments and possible positives of a new place. This session also explores worries and strategies around making new friends. Children also create a highlights page to assist them to remember aspects of their losing location to assist with their transition in new posting location.

### **Session Three: New schools**

Key concepts: The importance of making new friends. Children to be provided with the resources and skills to be able to make these friends and also discuss any issues or concerns they are having throughout this process. In this session children develop a barnacle box, where they write down their worries and place this in the box. This is an effective communication tool between children and parents. We also explore yoga as a stress management tool.

### **Session Four: Special relaxation places**

Key concepts: Managing emotions through relaxation and visualisation. In this session children are taught the jelly belly breathing relaxation technique and will develop a special place, which they can visualise to relax during times of increased anxiety.

**Evaluation of the program:** Parents will be required to complete a post evaluation form following the completion of the program.

### **Important information**

**\*\*\*\* Parents are strongly encouraged to take an active role in this program by ensuring strategies are followed and implemented in the home. Parents can assist children by starting conversations following each session to encourage open communication with their children. Parents are also strongly encouraged to approach KidSMART facilitators to discuss their child's progress and if they have any questions regarding the program or content. \*\*\*\***