

41 Affirmations for Helping Children Through a Family Move

A moment to pause, reflect, and choose a useful next step.

1. I can explain what is known about the move.
2. I can make space for questions after arrival.
3. I can allow sadness about friends or familiar rooms.
4. I can avoid requiring excitement to prove gratitude.
5. I can ask about worries rather than assume.
6. I can celebrate discoveries without dismissing loss.
7. A familiar routine can provide a useful point of continuity.
8. A changing role can leave room for new interests and connections.
9. I can keep learning about the people I care for as they change.
10. I can be honest about uncertainty without inventing a reassuring guarantee.
11. My feelings can be discussed with an appropriate supporter.
12. I can allow sadness about leaving familiar places.
13. My child can need time to adjust without being ungrateful for a new home.
14. I can offer a manageable choice about packing.
15. I can preserve contact with important people where possible.
16. I can prepare school or activity transitions appropriately.
17. A new home can become familiar through repeated ordinary days.
18. I can protect privacy while asking for appropriate support.
19. I can notice what remains meaningful while daily life changes.
20. A family's worth is not measured by resemblance to a public ideal.
21. I can name a limit before resentment makes it harder to explain.
22. I can offer a small age-appropriate choice.
23. I can tell my child what is known about the move.
24. I can keep a favourite object accessible.

25. I can notice questions that appear later.
26. I can give adjustment time after boxes are unpacked.
27. A family transition can contain more than one honest feeling.
28. A family member's adjustment may happen at a different pace from mine.
29. I can make room for more than one honest feeling about a transition.
30. Different family members may need different kinds of support.
31. I can offer warmth without ignoring a necessary boundary.
32. I can keep a familiar object accessible during packing.
33. I can admit which details remain uncertain.
34. I can describe the first practical steps after arrival.
35. I can keep one familiar family routine.
36. I can keep my own moving stress with suitable adult support.
37. I can explain what is known without promising what remains uncertain.
38. I can keep adult feelings with suitable adult support.
39. A manageable next step can matter while larger questions remain unresolved.
40. I can ask what would be useful rather than assume another person's preference.
41. I can seek help outside the family when suitable support is needed.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/helping-children-through-family-move-affirmations/>