

READ★PRAY★WONDER★PLAY

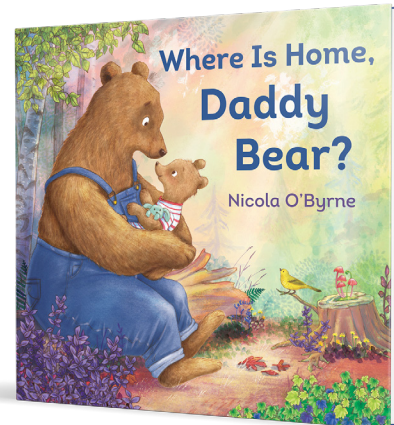
A GUIDE TO SHARING STORIES WITH CHILDREN

Where Is Home, Daddy Bear?

By Nicola O'Byrne

Change is never easy, but it is a part of everyone's life. Moving from one home to another can be worrisome for a child. Familiarity with surroundings and people is disrupted and many questions may arise about what changes may be in store. The constancy of familiar people, activities, and items can help the transition. Change can also be exciting as similarities and differences can be explored and new opportunities emerge.

In this story, Dad eases Evie into the transition of moving to a new home by answering her questions with reassurance, engaging her in activities they enjoy together, and allowing Evie to provide guidance at one point. This shows Evie that she can be an active participant in her family when oftentimes children can feel like actions are done to them or for them. Dad involves Evie in the process and acknowledges her importance to his well-being.



★ ★ WONDER TOGETHER ★ ★

- What questions does Evie have about the move she is making and what does Dad do to help her throughout the story?
- What changes have you experienced? How do those changes make you feel? What makes change feel easier or better for you?
- If you have moved or had a big change in your life, what was different and what was the same?
- How would you describe "home"?
- What feelings does Evie have at different times in this story? When have you had similar feelings?
- What part of the story do you like best? Why?

★ ★ EXPLORE THE STORY ★ ★

- Invite your child to draw a picture of your home or a space in your home. Together identify both the tangible items and intangible feelings that make it special to you. Add pictures representing those things.
- If you have moved to a new home, talk together about what is the same and different in your previous home and your new home and your feelings about those things. If not, identify another big change your child has experienced, such as a change in family configuration, a new school or class setting, or a friend moving away. Acknowledge that it is okay to be sad and happy at the same time as you miss some aspects and anticipate new things.

PRAY

Dear God, thank you for the people and places that are familiar to us and give us comfort as well as the new opportunities you set before us. Thank you for being with us through the big and little changes in our lives, and for being home to us always. Amen.



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Bible Stories

God and Jesus call people to move from one place to another. Read one or more stories below from a Bible or a children's Bible storybook. How do you think the people in the stories felt when they moved? What might have been worrisome and what might have been exciting? What do these stories tell you about changes in our own lives?

- Abram and Sarai move to a new home: Genesis 12:1-4a, 17:1-16
- Twelve people are sent to check out the new land: Numbers 13
- Ruth leaves with Naomi: Ruth 1:1-19a
- Jesus calls people to follow him: Matthew 4:18-22, Mark 1:16-20, Luke 5:1-11, and John 1:35-51.

Transitions: Big and Small

There are helpful ways to engage your child in transitions, whether they are small or big. Having a countdown of time may help a child wind down one activity before it is time to move to something else. Offering a choice of two or three options gives a child control over their environment. For example, as a child moves from an activity to bedtime, giving times in increments helps them understand that the activity is coming to a close. Offering them options, such as to have one or two books read or what pajamas to wear allows them their own choice. In a larger transition such as a move to a new home, preparing the child at the appropriate time with a different countdown and related activities can help them process what is happening. Keeping familiar routines and practices in place provides the consistency that children need to feel safe. Allowing them choices, such as what to pack in which box, where to stop for a meal, or how their new room might look can give a child control in a transitional time.

MORE TO READ & DO

CLICK THE LINKS BELOW TO LEARN MORE

ADDITIONAL BOOKS THAT ACKNOWLEDGE & EXPLORE EMOTIONS

- [*My Elephant Is Blue: A Book about Big, Heavy Feelings*](#), by Melinda Szymanik and Vasanti Unka
- [*Simon and the Big, Bad, Angry Beasts: A Book about Anger*](#), by Ian De Haes
- [*Grandpa's Window*](#), by Laura Gehl and Udayana Lugo
- [*Sidney the Lonely Cloud*](#), by Tim Hopgood
- [*What in the World Is Wrong with Gisbert?*](#), by Jochen Weeber and Fariba Gholizadeh
- [*Max and the Purple Worry*](#), by Kitty Black and Jess Rose
- [*One Thursday Afternoon*](#), by Barbara DiLorenzo

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