This is what you are thinking, isn’t it? You’re feeling angry, sad, frustrated, worried and nervous. These feelings are natural and experienced by all military children.

“I don’t want to move!”
“I love it here!”
“I don’t want to leave my friends!”
“I’ll never make new friends!”
“I’m in the middle of a big project!”
“How am I going to leave right in the middle of school?”
“How can I say good-bye to my best friends?”
“Will I like my new school?”

For more information:
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Navy Region Northwest School Liaison

PCS GUIDE FOR KIDS

How to make the best of a Permanent Change of Station

We’ve received new orders!
Not everyone gets the opportunity to travel and live in different states and countries. Make the most of it! Follow these suggestions to make moving a success!

### PACKING UP
Packing is hard work, but is one of the first steps you need to take for a successful move.

#### GET ORGANIZED
Throw out all old items you need to get rid of. If you have not worn it or used it in a year, consider donating to a local donation center.

#### SEPARATE ITEMS INTO PILES
Separate all items into piles of like items: sports items, toys, winter clothing, books, etc.

#### LABEL BOXES
Use a permanent marker to boldly label all boxes. List specific items in the box to help locate what you need later (example: books, school supplies). Personalize your boxes with stickers, designs or your favorite color.

#### FIRST-WEEK BAG
Pack clothes and items you will need during the first week. Make sure you have a jacket, favorite clothes, pajamas, toiletries, school supplies, lunch box, chargers, books and movies or games.

#### TRIP BAG
Pack only your necessary things for travel. Pack pajamas, toothbrush, favorite stuffed animal or blanket, electronics, book, journal and snacks.

### SAYING GOODBYE
Saying goodbye is one of the hardest things you will have to do during your move. It’s very hard to say goodbye to really good friends, not knowing if you will ever see them again. Here are some ways to make the most of your moments with friends.

#### MAKE A LIST
Make a list of everyone you need to say goodbye to: friends, neighbors, teachers, coaches and other community members (example: church members, babysitter, etc.).

#### PLAN SOMETHING SPECIAL
Have your friends over for a goodbye party, night out or sleep over. Take plenty of pictures! Don’t forget to caption the photos with the date and names of everyone in the picture.

#### VISIT FAVORITE PLACES
Make a bucket list and go visit some of your favorite places one last time. Pictures are important here too!

#### MAKE A SCRAPBOOK
Have friends over for a scrapbook party! Each person makes a page of your memories together.

#### PACKING PARTY
Have your friends over to help you go through your things. Funny stories will be told as you reminisce about clothes, toys and videos. You can also give your friends first dibs on the things you can’t take with you.

#### CREATE SOMETHING FOR YOUR FRIENDS
Make a card, book, bracelet or memory item to leave with your friends.

### STAYING CONNECTED
Don’t lose touch with your old friends. You never know when you will run into them again, especially while your parent is still a part of the Navy. Make an effort to communicate often and keep in touch with your friends.

### ADDRESS BOOK
Make yourself an address book with old friends’ names, addresses, emails, Skype addresses and social-media handles.

### POSTCARDS
Have all the kids in your class fill out an index card with their address on it. You can send them a note with your new address once you get settled.

### START A BLOG/VLOG
Blog/Vlog about your new adventures and add pictures of all the cool things you’ve found in your new town. Have your old and new friends subscribe to your site or channel for notifications on your updates.

### MAKING NEW FRIENDS
Making new friends can take time and effort. Speed things along by being proactive. Don’t forget that a smile goes a long way!

#### DO YOUR RESEARCH
Use Google Earth to locate your new town, installation or neighborhood. This gives you a real bird’s eye view of the area. Find out where kids hang out and go to people watch. You’ll notice the fashions the kids wear and what they do for fun. Visit your new installation’s website to learn more about things to do on base.

#### CONTACT YOUR NEW SCHOOL
Check out the school ahead of time and ask if you can schedule a tour before your first day. Ask if there is a new student ambassador club at the school to introduce you and show you around.

#### CONTACT YOUR INSTALLATION TEEN CENTER
Teen Centers are a great place to explore new interests, gain leadership skills, and make new friends. Best of all, registration is free!

#### REQUEST A YOUTH SPONSOR
Your parent will be assigned a sponsor to assist with transitioning into their new command. You, too, can have your very own sponsor except your sponsor would be someone your age! Contact your School Liaison to request a sponsor.

#### GET INVOLVED
Join a sports team, school club, scouts or just start volunteering for an organization you care about. You’ll gain instant friendships and enjoy belonging to a group!