

Coming Home

getting ready for a parent to return home



Re-connect or stay connected in the lead-up to their return home. Try to make time as a family to visit or talk.



Talk with your child about their return. Give them time to process the upcoming changes.



If your child has a supportive teacher at school, let them know that there may be a change in their home life.



If your family member will live somewhere else, explain this and plan when and how they will see each other.



You and your child will each have different emotions about the family member's return. Let your child know it is okay to have confusing feelings.



You may find your child excited and then teary a minute later—this is normal and expected while they are dealing with change.



It's okay not to feel happy or relieved – it is common, and there is no need to feel guilty.



You may feel tense or stressed, and you are unsure why. This is normal.



Sometimes, families find it helpful to talk more about their family members, look at photos and share stories before they come home. It can help you all feel more comfortable with the idea that your family member will be returning.

