



# Mobile Mayhem

Tackling the top 6 toddler issues parents face during a move.

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Parenting a toddler doesn't stop when packing up for a Permanent Change of Station (the dreaded PCS), especially when a move takes weeks or months to complete. From potty training to bad behavior, here's our field-tested guide on what to do when facing a new milestone or a change in routine in the middle of a move.



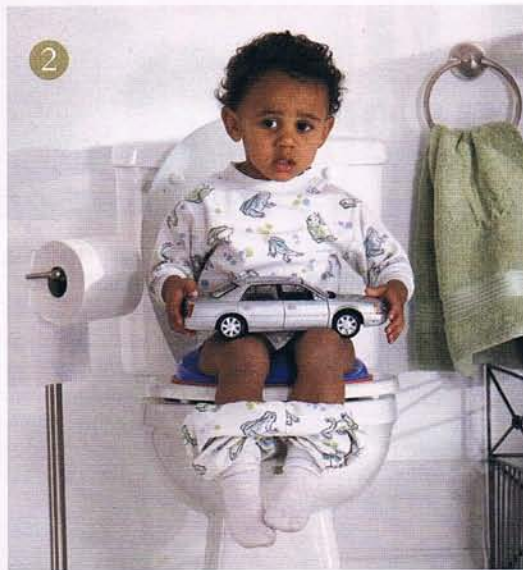
## No time for naptime

Moving may mean your toddler's usual naptime changes while you transition homes. Some children may even seem to "give up" nap altogether (even if they still need one). "I firmly believe there is nothing harder than a child that is sleep-deprived," says Tovah P. Klein, director of the Barnard Center for Toddler Development, who recommends that parents try to get their child back to what worked before

the move when they are reestablished.

Nicole Johnson, president and founder of The Baby Sleep Site, suggests trying to reintroduce a nap for a minimum of one to two weeks. Even if child doesn't go back to napping, have them sit down to do quiet play or some other type of downtime. Rest will help your toddler (and you) face all of the new change that will come with the move.





*“Anticipating regression, along with giving added attention to your toddler prior to a meltdown, can help families make a smoother transition to a new home.”*

## **2 Potty training on the go**

If your child is ready to potty train but a move is coming soon, you may want to wait on pulling out the “big kid” underwear until you’re settled at your new home. Toddlers get thrown off by moves, says Klein, and toilet training and sleep are big areas of regression when they get uprooted.

If you’re facing months on the go or your child is insisting on starting, go ahead and begin potty training. But keep in mind that your child can have setbacks as your move comes and even once you get settled. Be patient and don’t blame them for any regression due to the move.



## **3 “Losing” the pacifier or other undesirables en route**

In the chaos of a move, it’s tempting to tell your toddler that the dreaded pacifier must stay behind. Or their tattered blanket was lost by the movers. While you may be feeling very ready to get rid of some of your child’s less desirable objects, a move is the worst time to make these changes for younger children.

These beloved items may be what they rely on for the transition, says Klein. Don’t ask them to give it up right now. Instead, make a backpack up with a few of their favorite items, so they know those special things will come with them. Save the detachment process for a later date (it will come—we promise!). >>