

Support.

Your child needs all the support it can get. Think about who can help your child adapt to living in your home country. Perhaps you have a relative who can help your child with learning, or a cousin who can show your child around and help make friends. Don't be shy in asking for help.

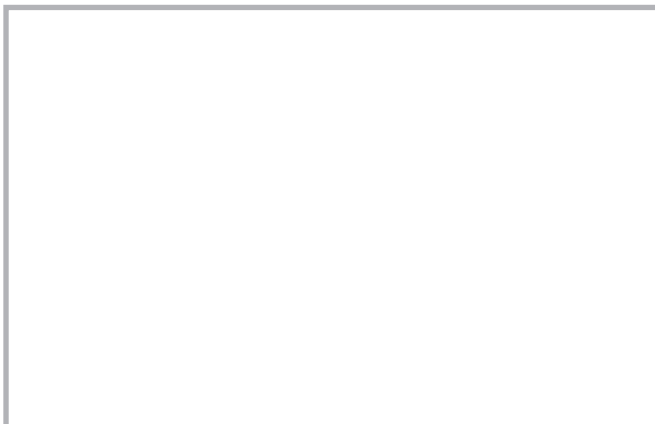
Contact with Germany.

Encourage your child to maintain contact with their friends in Germany if this is something your child wants. This can reduce feelings of homesickness and bridges the gap until your child makes new friends.

Be patient.

Returning home is a huge step for your child. Be patient and give your child time to adapt.

Help and information is available here:



Stempel der Beratungsstelle

**Bayerisches Rotes Kreuz
Kreisverband Nürnberg-Stadt**

Sulzbacher Straße 42
90489 Nürnberg
Tel.: 0911 5301-0
Fax: 0911 5301-298
E-Mail: info@kvnuernberg-stadt.brk.de
www.kvnuernberg-stadt.brk.de

Rückkehr|Kinder

Returning home with children

How you can make this fresh
start easier for your child



Rückkehr|Kinder

Children do not experience the return home in the same way as adults do, because they left their home country as a small child. Perhaps they were even born in Germany. In the meantime, they have grown and have learnt new things. And some things aren't the same as in their home country.

The longer children have lived in Germany, the less they can remember the time before. That means that when they return home, a lot will be new and unfamiliar to them. New things can be fun and exciting, but they can also be scary.

Some children are so stressed by returning that they develop unusual behaviour patterns (e.g. aggressiveness, withdrawal, bed-wetting, poorer performance in school).

Here are a few tips to help you make it easier for your child to say goodbye to Germany and start afresh in your home country.

Talk about the return openly.

Tell your child about your plans to move back home early on. Be open with your child about the reasons for this decision. Children are very imaginative, so if you don't do this then they will invent their own, incorrect reasons.

Preparation.

Tell your child about your home, its people and culture. This will help your child remember the way of life there. Some things are not the same as in Germany and the better prepared your child is, the quicker they will feel at home.

Documents.

Make sure that you have all the important documents for your child in good time before your return, and have these translated if necessary. If you have been living under an assumed name in Germany, have the names on the documents corrected: Vaccination card and medical certificate, school reports and school attendance certificate, birth certificates.

Saying goodbye.

To start afresh in your home country, it is important to say goodbye to Germany properly. Encourage your child to say goodbye to friends, special places and at school.

School.

Make enquiries early on about the school your child will go to upon your return, and enrol your child there as soon as you arrive. Find out which documents you need for this and which subjects your child will have to catch up on. The sooner and more successfully your child is back in class, the sooner they will adjust.

Language.

Before you leave, practice reading and writing with your child in your mother tongue, to help them find their feet in school more quickly.

Daily routine.

A return home brings many changes. Continuity is very important to your child at this time. An established daily routine, familiar rituals and objects that your child knows from Germany will provide stability and create a sense of security.

Encourage interests.

Encourage your child to pursue their interests and be proactive. If your child finds things that they also like and enjoy doing in your home country, this will foster self-confidence and speed up acclimatisation.