



SLEEPING IN A NEW PLACE I



Sometimes, we have to sleep in new places. We might sleep in new places because it is safer than the old place we slept.

Sleeping in a new place is hard because it is different. I can remember that even though it is hard, we are sleeping in a new place to help us stay safe.

When I sleep in a new place, it might have different sounds or different smells. If that bothers me, I can cover my ears or plug my nose.

When I sleep in a new place, I might sleep on something that feels different, like the floor or a mat or a sleeping bag. People are trying to find things to make me comfortable, but sometimes it does not feel comfortable.

When I sleep in a new place, there might be different people. Being around new people might make me anxious. I can ask someone I know to stay near me or hold my hand while I fall asleep.

When I sleep in a new place, there might be more people. If there are more people, it might be noisy or the lights might be on when I am trying to sleep. I can cover my ears if it is loud. I can put something over my eyes if it is bright.

There are lots of changes when I sleep in a new place. If I need help trying to sleep in the new place, I can tell someone. I can ask someone I know to sing me a song or tell me a story. I can also have someone I know rub my back.

