



SLEEPING IN A NEW PLACE II



Sometimes, we have to sleep in new



places. We might sleep in new places

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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.

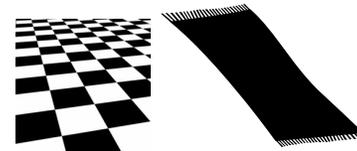


When I sleep in a new place, I might



sleep on something that feels

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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

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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.

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