

- read newspapers, magazines, newsclips from the office
- ask correspondents for general information on trends and concerns; get them to send you real estate flyers and price lists
- take the opportunity to talk to visitors from Canada
- reactivate your lists of community contacts - schools, clubs, neighbours, community newsletter, family doctor/dentist; let people know you are coming back
- prepare for the loss of servants and consider what this will mean in terms of domestic chores, leisure time pursuits
- prepare for the change in status when you return to Ottawa-Hull
- begin preparing your children for life in Canada
  - i. go through the family albums together to help make faces and places more familiar; ask relatives to send more recent pictures
  - ii. go through some Canadian pictures or magazines and talk about what they will see when they get home
  - iii. talk about the differences that will occur in your living style - no servants, saying goodbye to nanny, mother going out to work, snow, buses, elevators, TV; don't create anxiety where none exists
  - iv. if they have had a nanny for several years to whom they are attached, begin weaning them away from her; make yourself once again the centre of their security and belonging needs

## ii. Reintegration

Experienced rotational personnel agree that reintegration cannot really be completed until the family, whatever its composition, has spent a full calendar year back in Canada. Perhaps this is because life in Canada is so attuned to the changing seasons each of which has its own weather, activities, chores and wardrobe. One seems to have to establish the seasonal rhythm before one can feel content and at home.

Every member of the returning unit will react in a different way to the homeward move. At times you will feel very negative toward your homeland; at others you will view it through rose coloured glasses. Finally, you will be able to integrate all these feelings and accept Canada for