

# Tips for MOVING with Kids



## BEFORE THE MOVE

- ❑ **Discuss the move with your kid.** Listen to and answer any questions they may have. If you have young children, try reading them children's books about the moving process.
- ❑ **Stay calm.** Children often pick up on their parents' emotions and take cues from them.
- ❑ **Make packing fun.** Give younger children some moving boxes to decorate or play with while you pack.
- ❑ **Purge toys while the kids sleep.** Gather and box toys you intend to sell or donate when the kids are asleep or away from home, so they don't get upset.
- ❑ **Keep your child's bedroom furniture.** Keeping your child's bedroom furniture can give their new room a sense of familiarity. If feasible, let them pick the paint color of their new room or some new bed sheets
- ❑ **Make a family bucket list.** Make a list of everything you want to do in your community before you move.
- ❑ **Learn about your new community together.** Encourage older children to research local groups and activities they can enjoy in their new community.

- ❑ **Notify schools and providers.** Notify your child's school and medical providers of your impending move and arrange to have school and medical records transferred.
- ❑ **Host a goodbye party for your children.** It gives them a good way say to goodbye to family, friends and neighbors.
- ❑ **Arrange for childcare on moving day.** If that's not possible, bring a pack-and-play or baby gates to safely contain young children to a single room.
- ❑ **Pack one suitcase for each family member.** Each suitcase should contain all the essentials, plus drinks and snacks. Consider purchasing a few new toys or activities to keep children entertained.

## MOVING DAY

- ❑ **Say goodbye to your old house with your children.**
- ❑ **Introduce your children to the new house.** Give them a tour and be sure to point out fun or unique features, then let them explore it on their own.
- ❑ **Keep the kids busy.** If your children are with you and they want to help unpack, let them. If they'd rather play, bring out the new toys, books and games.

## AFTER MOVING DAY

- ❑ **Unpack kids' rooms first.** Having their old bed, familiar toys and treasured items helps create a safe space that can help children feel at home sooner.
- ❑ **Maintain a regular schedule.** Keeping consistent meal, nap and bed times gives kids a sense of normalcy.
- ❑ **Make time to play with your children.** Take breaks from unpacking to play with your children. It can help you minimize stress and your children start to associate their new home with fun.
- ❑ **Set ground rules.** It's important to establish rules for things like pool and bike safety, curfews and areas of the neighborhood where children are not allowed.
- ❑ **Meet the neighbors.** Introduce yourself and ask if there are other children in the neighborhood around the same age as yours.
- ❑ **Bring children to tour their new school before their first day.** A preview can help to reduce the fear and anxiety often associated with starting a new school.
- ❑ **Stay positive.** Adjusting to a new home takes time. Be patient with yourself and your children and try to focus on all the new adventures you will have as a family.