



Moving With Kids



Moving with kids can be a significant transition for the whole family. Here are some tips and tricks to help make the process smoother

- 1. Communication:** Moving can be really hard on kids and communication is key to a successful move with kids. Explain the move to your kids in a positive and age-appropriate manner. Write down and answer any questions they may have and address their concerns openly and completely throughout your move and involve them in the solutions if possible.
- 2. Involve Them in the Process:** Allow your kids to participate in the moving process by packing their belongings, choosing new decorations or paint for their room, or helping with tasks like labeling boxes or sorting stuff to donate or sell before the move.
- 3. Visit the New Area:** If possible, take your kids to visit the new neighborhood or town before the move to familiarize them with the surroundings and ease any anxieties they may have. This might include parks, amusement areas, school, and any other places your kids might be interested in. Do some fun things while you are there to get them excited about the move.
- 4. Maintain Routines:** Stick to your kids' regular routines as much as possible during the move, including mealtimes, bedtime, and extracurricular activities. This helps provide stability and a sense of normalcy amidst all the changes.
- 5. Pack Essentials Separately:** Pack a separate box or bag with your kids' essentials, including favorite toys, books, snacks, and comfort items, to have readily available during the move and upon arrival at the new home. Having your kids pick out some of these items is a great way to involve them.
- 6. Create a Safe Space:** Set up a designated safe space for your kids during the move where they can retreat if they need a break from the chaos. This could be a corner with their favorite toys or a cozy reading nook. On moving days, if you can find a family or friend they are familiar with and watch them, it will help them escape the chaos and avoid getting hurt or in the way of those moving furniture.
- 7. Say Goodbye Properly:** Allow your kids to say goodbye to their friends, teachers, and familiar places before the move. Organize a farewell party or playdate to help them transition emotionally. Taking pictures and printing them out for them can be a great way for them to feel connected still to what they are leaving behind.
- 8. Plan Fun Activities:** Organize fun activities or outings for your kids to look forward to in the new area, such as exploring local parks, museums, or playgrounds. Get their input and then plan some of the events with a specific date they can look forward to. I also love the idea of creating a new home bucket list with your kids.
- 9. Be Patient and Supportive:** Be patient with your kids as they adjust to the changes, and offer plenty of reassurance, love, and support throughout the moving process. Moving can be exciting and a depressing time so be patient with them as they show curiosity or express themselves in a variety of emotions. Expect some out of character behavior as you go through the process of moving.
- 10. Stay Positive:** Maintain a positive attitude about the move, emphasizing the exciting opportunities and adventures that lie ahead in the new home. Your kids will attach themselves to the same feelings you are showing about the move. If you are stressed and showing it then they will be stressing too.
- 11. Unpack Their Room First:** Prioritize unpacking your kids' belongings and setting up their room first to help them feel more settled and at home in the new environment. Let them make some of the decisions with the layout and setup of their room. Make this moment exciting for them.

You can help make the moving process a positive and enriching experience for your kids, allowing them to embrace the adventure of starting anew in a new home.



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12. **Explore Together:** Take time to explore the new neighborhood or town with your kids, pointing out interesting landmarks, shops, and amenities to help them feel more connected to their new surroundings. This means get lost whether on a bike or in a car as a family and find fun and cool new things together. This is also a good time to drop by and meet the new neighbors as a family and hopefully meet families with the same age kids.

13. **Create a Moving Day Plan:** Outline a plan for moving day and communicate it to your kids. Let them know what to expect and how they can help, whether it's packing their belongings, saying goodbye to friends, cleaning, or assisting with small tasks. Kids love to help on moving day so if they are there, then have some plans for them in place ahead of time.

14. **Plan for Meals and Snacks:** Ensure you have plenty of snacks and meals planned for moving day to keep your kids fueled and energized. Pack a cooler with easy-to-eat snacks and drinks for the journey that they will all like. Having them pick some out at the store is a way to involve them or having them make snack bags is a fun way to look forward to travelling.

15. **Keep Them Busy:** Provide activities to keep your kids occupied during the move, such as coloring books, puzzles, or handheld games. Consider downloading movies or audiobooks to keep them entertained during long car rides. Sometimes a new toy or game will be worth every penny, and will entertain your kids for longer than a toy they have already played with a lot.

16. **Stay Organized:** Keep a binder or folder with important documents related to the move, including school records, medical records, and contact information for new schools or childcare providers. You need to be prepared for any kind of emergency. This should also include important information for where you are moving to.

17. **Stay Connected:** Help your kids stay connected with friends and family during the move by exchanging contact information or scheduling virtual meetups. Encourage them to stay in touch with old friends.

18. **Celebrate Milestones:** Acknowledge and celebrate milestones throughout the moving process, such as the first night in the new home or the first day of school. Create special traditions or rituals to mark these occasions and make them memorable for your kids.

19. **Create a Memory Book:** Encourage your kids to document their moving experience by creating a scrapbook or journal. Include photos, drawings, and written memories of their old home, the moving process, and their new surroundings.

20. **Plan Fun Pit Stops:** If you're driving to your new home, plan fun pit stops along the way to break up the journey. Research interesting landmarks, parks, or attractions where your kids can stretch their legs and burn off energy.

21. **Involve in House-Hunting:** If possible, involve your kids in the house-hunting process by taking them to view potential new homes. Encourage them to share their thoughts and preferences, making them feel included in the decision-making process.

22. **Encourage Making New Friends:** Encourage your kids to make new friends in the new neighborhood or school by getting involved in community activities, sports teams, or clubs. Host a neighborhood meet-and-greet or playdate to facilitate connections with other families. Join community groups in your new neighborhood on social media so you can know about what is happening around you.

