

Moving With Kids Checklist



Before The Move

- Tell your kids about the move right away.**
Give your kids as much time as possible to digest the move. Stay positive when you talk about it!
- Talk about the move regularly.**
This will help you gauge how your child is feeling so you can address issues before they arise.
- Visit where you're moving beforehand.**
Make the unknown a known by visiting your new community to help ease some of the fear of the change.
- Have your kids design their new room.**
Let them decide what their new space will look like. This gives your child a sense of control over the situation.
- Research new schools.**
Contact the school and find out who their teachers will be. They will often be eager to help your kids fit in!
- Research activities your kids enjoy.**
Find activities your kids can get plugged into ahead of time so they can make friends quickly after the move.
- Host a goodbye party.**
End your time in your current house on a high note to help the transition seem less scary.
- Pack a Moving Day bag.**
Set aside everything your kids will need on Moving Day to reduce the work required when the day arrives!

During The Move

- Gauge how your kids feel about the move.**
Limit your child's involvement in the moving process if they're feeling sad.
- Give your kids special Moving Day tasks.**
Put them in charge of something small (like getting the movers water) to include them in the process.
- Let them spend the day with their friends.**
Try getting your child out of the house by planning something fun with a friend if they're sad about the move.

After The Move

- Maintain existing routines and traditions.**
If you have a pizza night keep it, as these types of traditions will help create a sense of stability.
- Throw a party and invite old friends.**
Blend their "old world" with their "new world" to remind them that their friends are still their friends.
- Help them stay in touch.**
Encourage video chats with old friends to help ease your kids into a new location.
- Connect them with new friends.**
Throw a housewarming party with neighbors. This can help your child make new friends quickly.