



## Moving With Children

Many children thrive on a routine, so moving to a new city can be overwhelming. They will say goodbye to their school, teachers, friends and the community they are familiar with. After the move, kids are challenged with acclimating to new surroundings and people, which can take time. We know parents want the best for their children, so we've compiled our top tips to help set your kids up for success before, during and after relocation.

### BEFORE THE MOVE

- Discuss the move ahead of time. Be transparent about your decision to move and speak positively about the opportunity for your family. This will allow your child to become more comfortable with the idea.
- Involve your kids in the process. Have a "pizza and packing" party to make them feel included and a sense of control, then praise them for their contributions.
- Keep an open dialogue. Let your children know you are always available to talk about the different emotions they are feeling. The reassurance and positivity will help them feel more at ease.
- Keep your routine. Things may get hectic in the weeks leading up to the move, but it's important to stick to your family's routines as best you can. Make sure your children are getting proper sleep and nutrition, too.
- Host a "see you soon" party. It's likely your children are feeling sad about leaving friends behind. Organize a "see you soon" party, so they can enjoy some stress-free playtime before you leave.

## DURING THE MOVE

- Pack a special moving bag. Make move day fun by packing a special moving bag to include some essentials, like a change of clothes and activities for the road, and add a few surprises like a new toy and fun snacks.
- Keep them informed. Do your best to eliminate surprises on moving day and on the trip to your new city. Tell your children your travel plans, and set realistic expectations for the journey.
- Create moving day activities. Try to keep your children occupied during the furniture shuffle. This may be a good opportunity for them to spend extra time with friends and family.
- Make the trip an adventure. Spark joy during the trip by making scenic stops or exploring new cities. Not only will this act as a good distraction, your family will be making priceless memories along the way.

## AFTER THE MOVE

- Tour their school and meet the teachers. Help your children get familiar with their new school by taking a tour and meeting their teachers. This will help put them at ease before they've had a chance to make new friends.
- Meet the neighbors. Make it a point to introduce your family to your new neighbors. This helps break the ice, and can be an opportunity to arrange play dates with other children in your neighborhood.
- Take your time unpacking. Things will feel new for your children for a while and will take getting used to. It's good to get settled in, but take your time unpacking to ease the transition.
- Get to know your new city. Once you're settled, research to see what your new city has to offer. Involve your children in learning the history of their new community and see what interests them.
- Seek guidance, if needed. In some cases, a child may not acclimate positively, and may need support outside your family to cope with the change. If needed, seek help with a family counselor or other professional.
- Write a letter. Chances are, your child will be homesick for a few weeks following the move. Help them write letters or emails to their friends in their old town, or arrange a FaceTime session.
- Have a family day. Plan a fun day for the entire family to show, no matter where you live, home is where your family is!