

moving with kids checklist



Moving will not only change your life, but also your child's life. Turn the move into a positive experience by making the move into an adventure the whole family can enjoy!

1



GETTING YOUR CHILD READY FOR THE MOVE.

- Be open and honest by telling your child as soon as you can about the move to allow them time to fully digest.
- Get your child excited about aspects of the move they can look forward to:
 - Decorating a new room
 - Parks close to home
 - Exciting new feature of your home (pool, playstructure, etc.)
- Sign your child up for new groups or activities in your new neighborhood as soon as you move, this will help get them get introduced to new peers right away.
- If you choose for your child to house hunt with you, ask your realtor to make a few extra stops along the way to show your child the parks and playgrounds.
- With your child, search the web or get a local newspaper and explore what your new neighborhood has to offer with your child, such as:
 - Dining
 - Clubs / Teams
 - Activities
 - Entertainment
- Help your child gather addresses and phone numbers of their friends, teachers, coaches and caregivers so they can keep in touch after the move.
- Throw your child a going-away party to bring together their friends and family one last time before the move.
- Encourage your child to decorate their moving boxes with stickers and drawings to make them feel a part of the process. Your child's boxes will also be easy to find when you unpack in your new home.
- When considering when to move, keep in mind that moving during the school year will allow your child to be introduced to potential friends right away, moving during summer months may cause a delay.

2



KEEPING CALM DURING THE MOVE.

- Try to be positive and calm about moving in order for your child to stay relaxed and upbeat.
- Allow your child to keep a few things unpacked during the move.
- Keep your child's room intact as long as possible. This will make the moving process seem shorter for them.
- Hiring a babysitter or friend to entertain your child during the moving days will allow the moving process to go faster and help keep your child's mind off of the move.
- Surprise your child with a small toy or treat when you arrive in your new home.
- Set up an activity for your child while you load and unload boxes.

3



AFTER THE MOVE ENDS AND LIFE BEGINS.

- Help your child settle in by setting up their bed and unpacking some toys to make their new room feel like home.
- Try to stick to the same routine you had before the move, including bedtime and meal times.
- Take breaks from unpacking for family fun and relaxation, such as:
 - Go for a walk
 - Explore new restaurants
- Moving is a huge life change, it is normal for children to be quiet or withdrawn during this time. If the behavior continues or becomes worse after the move it may be good to speak to a doctor.



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