

Preparing Your Kids For A Move

Moving can be scary and even upsetting for children. That means parents have the very important job of delicately preparing them for what lies ahead.



Communicate early and openly.



- ✔ Address questions and fears well before moving day.
- ✔ Use age-appropriate language to explain the reason for the move.
- ✔ Validate their feelings and show empathy to create a space where they feel heard



Involve them in the planning.

- ✔ Encourage kids to pack their own stuff but leave out a few essential/treasured items.
- ✔ Enlist older kids for more important jobs, like errand buddies or managing the to-do list.
- ✔ Brainstorm ways to empower your kids through activities they already enjoy.

Visit the new location.



- ✔ Scope out the neighborhood either on a drive or walk.
- ✔ Point out places to visit in the future to keep the experience positive.
- ✔ Ask what their favorite things are so far or if they have any questions.



Maintain the same routine.

- ✔ Minimize change as much as possible for the day-to-day.
- ✔ Outline changes beforehand to provide a sense of predictability and security.
- ✔ Continue lessons and sports until right before the move.

Pack a moving day kit.



- ✔ Ensure there is a bag of essentials for each kid and parent.
- ✔ Include baby essentials, toys for entertainment, clothing and other necessities.
- ✔ Pack enough for moving day, the first night and the next morning.



Focus on their emotions.

- ✔ Explain that it's okay to feel sad, nervous or even angry.
- ✔ Highlight things that won't change and ones that may change for the better.
- ✔ Model a positive attitude throughout and do your best to stay calm and collected.

Say goodbye gracefully.



- ✔ Make time for plenty of goodbye opportunities.
- ✔ Visit and take pictures of their favorite places.
- ✔ Throw a "moving away" party and get everyone's contact information to keep in touch.