Preparing Your Kids For A Move

for children. That means parents have the very important job of delicately preparing them for what lies ahead.

Moving can be scary and even upsetting



early and openly.

Communicate



Use age-appropriate language to explain the reason for the move.

Address questions and fears well before moving day.

- Validate their feelings and show empathy to create a space where they feel heard



the planning.

Involve them in

errand buddies or managing the to-do list. Brainstorm ways to empower your kids through activities they already enjoy.

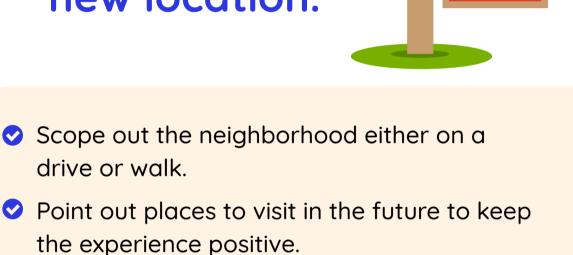
Enlist older kids for more important jobs, like

Scope out the neighborhood either on a drive or walk.

the experience positive.

Visit the

new location.

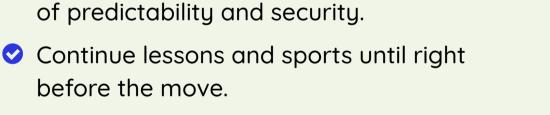


if they have any questions.

Ask what their favorite things are so far or

Maintain the same routine.

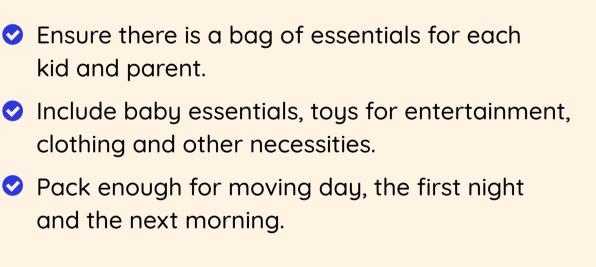
Minimize change as much as possible for

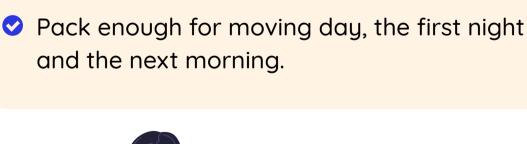


the day-to-day. Outline changes beforehand to provide a sense before the move.

Pack a

moving day kit.





kid and parent.



or even angry. Highlight things that won't change and ones that may change for the better.

Explain that it's okay to feel sad, nervous

- Model a positive attitude throughout and do your best to stay calm and collected.
- Say goodbye

gracefully.



Throw a "moving away" party and get everyone's

- Visit and take pictures of their favorite places.
- contact information to keep in touch.

