

MOVING WITH KIDS



Moving can be exciting for kids - new home, new friends, and new adventures - but it can also feel overwhelming. Children may feel a mix of curiosity, sadness, and uncertainty about leaving their old home.

You can expect a range of emotions, temporary changes in behavior, lots of questions about what life will look like, and a need for extra reassurance, routine, and attention. Be prepared!

Tips for a Smooth Move with Kids

BEFORE

Talk Early & Often:

Explain the move in age-appropriate terms. Be honest about what's changing and what's staying the same.

Visit (or Research) the New Area Together:

Show them pictures, maps, and fun places nearby (parks, sports fields, museums).

Let Them Help Pack:

Have them box up their own room, label items, and choose what to keep handy for moving day.

Create a "Moving Adventure" Mindset:

Frame it as an exciting journey, not just a disruption.

DURING

Pack a "First Night" Box:

Include favorite pajamas, stuffed animals, snacks, books, and comfort items.

Stick to Routines When Possible:

Keep bedtime and mealtime schedules consistent.

Assign Special Jobs:

Let them help in small ways (handing out water bottles, keeping track of the family pet).

AFTER

Set Up Their Room First:

Give them a comfortable, familiar space right away.

Explore Together:

Visit local parks, playgrounds, and kid-friendly spots to start building positive connections.

Get Involved Quickly:

Sign them up for sports, clubs, or community events so they meet friends early.

Keep in Touch with Old Friends:

Schedule calls or visits when possible to maintain connections.

