



Moving With Kids: Quick Reference Guide

Make moving with a child easier with tips for preparing them emotionally, managing the big day, and helping them adjust to their new home.

1. Prepare Your Child Emotionally

- Speak positively but realistically about the move.
- Show kids photos or videos of the new home and neighborhood.
- Read books about moving (e.g., *Franklin's Bad Day*, *A New Home for Tiger*, *Just Like Millie*).
- Mark a move countdown calendar with stickers to make it feel fun and concrete.

2. Prepare Your Child Physically

- Save some moving boxes for play (forts, dollhouses, art).
- Create a "treasure chest" box for their favorite belongings.
- Hire a babysitter or schedule playdates during packing to reduce stress.
- Pack a backpack with comfort items, snacks, and activities for the trip.

3. Manage Moving Day

- Assign a kid-only room stocked with toys, games, and snacks.
- Keep easy-to-grab food and drinks on hand (and include their favorite dishware).
- Give kids simple jobs like handing out water or "guarding the runways."
- Ask movers to load their room last and unload it first.

4. Travel Smoothly

- Turn the car trip into an adventure with planned stops or a hotel pool.
- For flights, schedule around nap time if possible.
- Prepare a "moving day survival kit" with treats, toys, and surprises.
- Expect extra stops, extra snacks, and extra patience.

5. Help Them Settle In

- Make unpacking fun, celebrate seeing familiar items again.
- Tour the neighborhood before you unpack everything.
- Prioritize setting up their room first to create a sense of security.

6. Age-Specific Tips

- Babies/Toddlers: Stick to familiar schedules and bring comfort items.
- Preschoolers: Maintain routines, involve them in simple unpacking tasks.
- School-Age: Validate feelings about new friends/school; encourage activities.
- Teens: Communicate openly, give them space to process and stay in touch with friends.

7. Handle Emotions and Challenges

- Encourage open expression: let kids talk, cry, or vent.
- Find healthy outlets like sports, walks, or trampoline parks.
- Celebrate your community and say goodbye well.
- Help them stay in touch with loved ones.
- Involve them in the move by choosing their room setup, décor, etc.
- Stay calm and positive – they'll follow your lead.