



MOVING WITH KIDS

Tips for Easing the Transition

A big challenge facing parents when moving their kids is the upheaval that it causes. Normal schedules are disrupted and your children may be afraid of the changes. There are a few proactive ways to mitigate this.

You should always keep your kids informed. Let them know what to expect with the move. This is a good opportunity to get them excited—moving can be an adventure, after all. However, avoid creating unrealistic expectations that lead to disappointment.

Give your children some ownership over the move.

Letting them make decisions (within reason) will help them feel more in control. Help your kids plan their own rooms. This can be an exciting activity for them.

Be sure to take your kids to visit their new home. It will give them something to look forward to and will help make the transition easier. You might also take them on a tour of the neighborhood. Show them their new school, or maybe the local playgrounds. The more they know about where they're going, the less stressful moving will be.

Keep things as close to your normal routine as possible. If your kids have sports or other activities, keep them going as much as possible during the moving process. The last thing you want is a bunch of stressed children with nothing to keep them occupied!

Lastly, you can always ask for help. Moving is a stressful and time consuming task, and your neighbors, friends and family can always give you a hand. If your friends have kids, make it a play date! This will give your children a chance to say goodbye before the move.



Quick Tips for moving like a pro

Manage expectations.

Get your kids excited, but don't oversell it— that will only lead to disappointment.

Make a family wishlist.

Write out what you want in your new home and let the kids plan their new room.

Stick to your routines.

Moving creates a lot of upheaval in children's lives. Keeping everything as close to "business as usual" as possible will help lower their stress.

Visit your new place.

Taking your children to see their future home will help ease their feelings of uncertainty.