



HOW TO HELP CHILDREN HANDLE A MOVE

Children become attached to their homes, even if they've only lived there a couple years. To them, it can feel like their entire lifetime! If you're planning a move, here are a few tips for helping your child transition into your new home more smoothly.

BEFORE THE MOVE

First, explain why you're moving – helping your child understand your reasons for doing so can go a long way. Then, discuss the advantages of moving, such as a bigger bedroom or better school system.

Show your child photos of their new home and their bedroom. It's important to get them excited about their new space! Be sure to take a trip to the new neighborhood and their new school, if possible.

Ask your child what places they'd like to visit before leaving your old neighborhood, such as a favorite park or ice cream shop. Take time to write goodbye letters to friends and family members, including your new address so they can write back. Make a scrapbook with favorite memories and old photos.

If possible, throw a goodbye party so leaving can be a fun experience. Lastly, reassure your kids that their friends won't be forgotten, even though you're moving.

DURING THE MOVE

As you're preparing to pack, give your children their own box(es) to decorate – this can really make moving exciting! If you're moving across country, buy post cards or souvenirs along the way so they can remember this special journey.

AFTER THE MOVE

Encourage your kids to unpack their items on their own. Once you're settled, start a new scrapbook with new memories.

Visit their new school, church, and neighborhood park so they can get familiar with their environment. Invite your child's new friends over to your home, encouraging the newfound friendships.

Let your child choose a local restaurant or shop to visit, showing them how great the neighborhood is. Remind them to send letters, updating friends and family back home. Lastly, for an easier transition, try to keep their daily routines as familiar as possible.

POSSIBLE REACTIONS

Even with these tips, your child may not accept the move seamlessly. He or she may exhibit changes in their mood or behavior.

It is important that adults be aware of their behavior too, as children can sense your stress and frustration.

Quick note: Younger children may be the most excited about the move – Assigning age-appropriate tasks can help them channel their energy.