



IMAGINE STEPPING INTO  
YOUR CHILD'S WORLD AND  
SEEING THINGS FROM HIS  
OR HER POINT OF VIEW.

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# Preparing to move

Moving can be a very stressful time for all family members—especially children. Everything that was once familiar to them is about to change. What can you do to help make this difficult time easier for your children? Here are some ideas.

Involve your children.

 Help your children find their new home on a map. Read about the new location in books, magazines, and on the Internet.

 Allow your children to help make family decisions about the move. What special things will they keep with them? Where would they like to stop along the way?

 Give your children roles in the move so that they feel involved in the process.

- Your children can take care of plants or pets as you move.
- Older children can help care for younger siblings as you move.

 Provide your children with comfort items for the move.

- Fill treat bags for each child with snacks and favorite toys for the move. This helps them feel at home wherever they are.
- Help your children make memory books with reminders of favorite things. This helps them know they don't have to give up their past when they move.

 Keep family routines and rituals as normal as possible.

- If the dinner table is in the moving van, enjoy a picnic together in the backyard.

 Help your children say farewell.

- Host a “moving party” for their friends.
- Help them make plans for staying in touch with friends, neighbors, and family members.
- Allow your children to make goodbye visits to favorite places before you leave.

Prepare your children for their lives in the new location.

 Find out about school and daycare options in your new neighborhood.

 Make sure your children's school and medical records are accurate, complete, and current. Request that copies be sent to the new school, and keep copies for yourself to take with you.

 If your child has special needs, find out what education programs and resources are available. Contact the Exceptional Family Member Program for assistance.