

Helping Children With A Move



Remember, even if you only lived in a home for a few years, to a young child, it is nearly their entire lifetime!

Before

- Explain why you are moving.
- Discuss the benefits of moving.
- Show the children the new home and their new room prior to moving. Pictures will do!
- Visit the new school and community before you move.
- Make a last visit to the child's favorite places.
- Plan their new bedroom with them.
- Write good-bye letters with them enclosing your new address. Encourage return letters.
- Make a scrapbook of the old home and neighborhood.
- Throw a good-bye party. At the party, have their friends sign a t-shirt.
- Assure children that you won't forget their friends.

During

- When packing, give them their own box to pack and decorate so they know it's theirs.
- If you're moving far, buy postcards along the way so they can remember the trip.

After

- Allow them to unpack their treasures.
- Start a scrapbook or diary for their new home.
- Visit their new school, park, church, etc. Don't forget to take pictures!
- Encourage your children to make new friends and invite them to see their new home.
- Let them choose a new local restaurant for the family to try.
- Encourage them to send letters to their friends about their new home.
- Try to keep routines familiar.

What to Expect

- Possible changes in mood or behavior.
- Be mindful of your emotions and actions, they may relate your stress to something they did.
- Younger children may be the most eager; let them help by giving them tasks they can handle.