



Moving with Kids- What Every Parent Needs To Know

The experts tell us that moving house is as stressful to cope with as death and divorce. And if moving house is stressful for adults, then imagine how daunting and stressful moving house can be for your young ones!

You may be upsizing your home or land, moving to a better area or moving as a result of a job transfer or promotion- all great opportunities for your family. Whilst a move can be exciting, depending on their age, children may have mixed feelings, especially about leaving their friends at school or in the neighbourhood. How can you and your family cope with the stress of a move? Use these handy tips we've collected to help your kids settle into their new home in a whizz.

- No matter how old your children are, **explain what is happening**, why you are moving, where you are going and what they can do to help. Be honest. Use age appropriate language and listen to them if they want to talk about their feelings. Then they will feel as though they are a part of the move and that their feelings matter to you.
- Before the move, **take the children to the new house** and show them which room will be their bedroom. Let them tell you where they want their things to go.
- **Let children pack** as many of their own things as possible, even though it might not end up as organised as you'd like it to be. Clearly mark all their boxes and make them your priority when you get to the new house. The quicker they're set up in their room, the quicker they'll settle in the new house.
- You might think it's cheaper to move yourself but by **getting the professionals to take care of the move** means you are free to spend more time with the children on the day itself.
- On the day of the move make sure that your young ones have a chance to **say goodbye properly** to their old house and to any special friends or neighbours they're not going to see again.
- Even if it makes it harder to unpack, **involve your children** in this important step. If they see the house start off empty and then filling up with your belongings it makes it seem more real to them that this is their new house. Let them help you decide where to put things and give them a few small unpacking jobs of their own to do if they're old enough.
- Make sure you have **plenty of snacks and drinks on hand** throughout the day – kids get grumpy when they're hungry and thirsty.
- Have **one box that will stay with you on the day of the move**, keep a favourite teddy and a few favourite toys and books in there along with things like colouring books and pencils to keep them occupied. If your children are older, keep a copy of the latest edition of their favourite magazine for them to read.





- Have a **celebration meal** the night you move in to your new house – even if it's just a takeaway eaten off paper plates.

It is quite normal to think that the less time kids have to think about moving, the easier it will be but, professionals tell us that the opposite is true. Give your kids time to get used to the idea of moving. Be encouraging and cheerful about the move. Your viewpoint about the move will have an effect on your children's mind set. If you are anxious about moving, then the move will seem anxious to them too. Be excited, bubbly, and confident about the new happenings and prospects in store, and your children will be more likely to believe the same way.

