

Hello and Goodbye- Settling into a new community

Saying goodbye to your old stomping ground can be hard, in fact, experts say moving house is one of the most stressful life events people can experience! Rather than feel glum about leaving behind your favourite neighbourhood café and close friends, these tips will help make your move feel more like an adventure than a sad departure:



Good-bye, not sad bye

One of the best tips for family moving is letting go and moving forward to your new life on a positive note. Why not plan a farewell gathering with old friends and neighbours before your move? Taking-leave rituals such as this will help provide a sense of closure in your old home, which will make the transition easier for your kids when settling

into the new home and new community. Here are some more "saying goodbye" ideas:

As a family, make a point of visiting favorite restaurants and other special places one more time before you leave.

When everything's been packed away and the old house is empty, take a room-by-room "memory walk" with your children. Recall parties in the dining room, holiday events in the living room, stories of bringing the children home as babies --the kinds of memories every family has. Take a last stroll around the garden too.

There's a New Kid in Town

When you reach your new home, the unfamiliar surroundings can be daunting, but with a little bit of effort you'll soon feel like a local in your new neighbourhood!

Re-establish regular family routines quickly. When moving, there's a certain amount of disruption to regular schedules that you simply can't avoid. But once you've moved in, aim to get back on track with your normal family routines as quickly as possible. This will help younger children, in particular, who need routines and more consistency. This also sends the important message to all members that you are the same family, just in a new setting. The old rules, routines and rituals still apply no matter where you are.

Meet new people. Your immediate neighbourhood is waiting to be explored and you should go out and meet new people even if you feel a little shy. Remember that your neighbours are your first line of support should things go wrong – they will be well settled and full of local knowledge. So, get out and meet new people and enjoy yourself. Moving to a new home means meeting new people, and that is often the fun part of moving.



Explore. Treat the new surroundings as an adventure. Go for walks in your neighbourhood and parks, visit local places of interest and spend time getting to know your new city. Why not subscribe to local newsletters to keep abreast of local events?

The world is smaller than you think! Speak to friends and relatives about their ties to your new town. You may be surprised to learn that they know someone who lives or who has lived in your new community. Give them a call or take them to coffee / the pub and ask them to tell you about the town.



Get involved. Don't be afraid to join local organizations right away. This could mean your joining local church congregation, dog park, or a sports club. Make sure you give it more than one try. Sometimes it takes time to get to really fit in. Remember these are going to be new experiences, so don't compare the new community to the one you came from, accept them as being different and be open to new experiences!

Invite a close relative or friend to stay with you right after the move. The two of you can explore unfamiliar territory together, and you'll also have an extra pair of hands to help unpack.

Make new friends but keep the old. Play an active role in helping your children make new friends in your new community. However, do also support their need to hold onto their old friends. They will appreciate having you as their confidante for sharing their new experiences and discoveries

Humans are naturally social creatures. As you widen out and build relationships in your new community it will soon start to feel like home. Who knows, before long it could be YOU welcoming newcomers to what was once your "new" neighbourhood!

