

TIPS FOR MOVING WITH CHILDREN

- Inform children early
- Keep a positive attitude in their presence
- Allow them to openly talk about the move and to have input into the decisions when appropriate.
- Remind children often that although everything seems to be changing, the family is still very secure as a unit.
- Involve the children in packing their personal belongings.
- Help them accumulate memoirs of present home and friends in an organized manner.
- Consider moving during the school session to avoid summer anxiety related to the first day of school. Be sure they are dressed like local children on the first day of school to avoid being labeled as different.
- Allow children to take favorite toys or possessions with them on the trip.
- Have games and snacks for the trip.
- Request special education or medical information early in the process.
- Get books about the new location from bookstores in your present area.
- Get books about moving for children
- Get information for teenagers on areas of interest. Begin early by involving them.
- Allow children to help with selections relating to their room in the new home.
- Take a camera for pictures on your new home buying trip if children do not accompany you.
- Allow children to "tape" messages from friends they are leaving behind
- Allow children to make occasional phone calls to friends they left behind.
- Locate school bus stops in new neighbourhood to avoid stress the first day.
- Contact local church as soon as possible, if desired, and get counseling if needed.