

How To Move With Kids:

Helping Your Children Cope With A Big Move



Moving is extremely stressful for everyone involved. Figuring out how to move with kids adds additional stress and emotions to an already taxing situation.

Whether you're moving across the country or just to a different neighborhood, use these tactics to prepare your kids emotionally and make moving as smooth as possible for them.

Start with these tips before your move:

Set aside time for a family discussion.

Kids respond best to change and are more willing to cooperate when given the opportunity to feel respected in their opinions and to know that they have the support of their parents to feel sad or upset about the move.

Provide positive reassurance.

Your emotions and outlook on the move have a direct effect on your children. So get excited about the new changes!

Take time to say goodbye.

Visit with neighbors one last time, have the kids write letters to friends, and visit your favorite spots around town. Or have some fun and help them create a memory book.

Once you've made your move, help your kids get adjusted with these additional tips:

Tour the neighborhood.

Take some time to check out your new surroundings. Visit the neighborhood park, check out the schools, and go say hello to your new neighbors.

Plan fun outings in your new town.

Hit the main street in your new city and have a nice family outing. Or head to a local sports game or check out the local farmers' market.

Keep them connected.

Let your children spend some time on their phones or computers to stay connected with their old friends. Or set up a date to go back to your old area so your kids can visit with their old friends.

These tips will help take the anxiety out of moving for your children, and ultimately, make your move that much easier!



Martha

