



## Tips to Prepare Your Children for a Move

Over the years, many studies have been conducted to define and rank which typical life experiences cause the greatest amount of stress for the average adult. For anyone who has had to make a move, it probably comes as no surprise that moving ranks within the top 10 of the most stressful events. We have compiled the following tips to help parents prepare their young children for a move, and to also help them adjust to their new home and community once the move is made.

1. Tell your children about the upcoming move as soon as possible.
2. Discuss with your children, in an age-appropriate manner, some of the pros and cons of moving.
3. Encourage your children to help you investigate your new community.
4. When packing, resist the urge to throw out all your children's old, unused toys.
5. Pack any young children's belongings last, allowing them prolonged access to their familiar possessions reduces their anxiety.
6. Take your children to visit the new home at least once prior to moving day, and be sure to keep the visit short and upbeat.
7. Ask your children if he/she would like to have a moving party.
8. Most kids make new friends at school fairly easily, but if your moving date is scheduled after the end of the school year, your child could be facing a long, lonely summer break.
9. Once the move has taken place, organize a "family exploring day".
10. Involve your children in deciding how to decorate their new bedrooms

Above all, keep the communication lines open - before, during and after the move. Depending on the child, it can take anywhere from a few days to many months to adjust to their new surroundings.

