



Moving Children

Moving children can be challenging. Leaving friends and familiar places are as hard on children as it is on adults. To make it easier on your children consider a move in 3 stages:

BEFORE

- Tell children about the move right away, the more time they have to prepare the easier it will be
- Give children a chance to express their feelings, they may feel anger, sadness or worry
- Be honest about your uncertainty but be optimistic about the move
- Help older children prepare list of phone numbers, addresses of close friends and relatives
- If your child is old enough, put them in charge of researching the new location
- Explore the new neighbourhood/town with your children
- If this is not possible, take pictures of your home, school and neighbourhood to show them

DURING

- Stay as calm as possible as this will impact children, especially babies
- Involve children in packing smaller, non-delicate items
- Take special blankets, stuffed animals or favourite books with you in the car or plane
- Stick to routines – have meals at the same time, keep normal nap and bedtimes
- Help your children say good bye as a family to friends, relatives and neighbours

AFTER

- Let children have input in planning the new house, like the placement of their bedroom furniture and the paint colour of their rooms
- Don't spend too much time unpacking –take time to explore and enjoy your new home with your family
- Once you have met some people/children in the neighbourhood invite them over for a playdate
- Get involved with church groups, YMCA, activity clubs, etc. to enable socializing
- Try to be there when your children get home from their first day at the new school
- Spend time with your children and regularly ask how things are going – they may have a hard time opening up
- It takes time to adjust at home – younger children usually adapt faster where as an older child/teen can take up to 4-5 months