



BEFORE THE MOVE

A Conduct a family meeting

It is important to keep kids involved in the entire moving process in order for them to adequately adjust. Give them a role in selecting the new home and be sure to allow them to voice any concerns they may have.

B Plan a new room

Kids rooms are zones where kids feel safest. Let them pick out the design of their new room, and listen to their ideas about colors and furniture.

C Donate old toys to a good cause

Moving is an ideal time to purge items you no longer use, but some kids can be resistant, so instead of selling old toys, donate them to children in need, and let your kids know they are helping bring joy to kids less fortunate.

D Create a moving day plan

Kids get anxious about moving because they don't know what to expect. Create a moving day plan, and review each step with your kids to eliminate surprises.

DURING THE MOVE

A Assign tasks

Make moving day less hectic by assigning kids age-appropriate tasks. For example, older kids can monitor when everything is ready to be moved, or last-minute cleaning, and ask younger kids to bring water to the movers.

B Keep prized items organized

Kids may feel more comfortable knowing their favorite possessions are safe. TWO MEN AND A TRUCK® helps do this by providing Truckie's Treasure Chests to kids to keep their stuff accessible during the move.

C Keep it fun!

Moving doesn't have to be unpleasant, so make it fun! Play upbeat music and mix in your kids' favorite songs to keep everyone upbeat. You could also make a game out of it and see who can pack up the fastest!

AFTER THE MOVE

A Explore the neighborhood

It is crucial children become acquainted with their new neighborhood. Give older children the responsibility of finding fun places, such as hiking trails, a pizza place, or an indoor adventure area.

B Join extracurricular groups

Have each child pick a group they would like to join. Groups could revolve around sports, drama club, or a class at the YMCA. This will allow them to meet kids their own age and to adjust to the new area.

C Meet your neighbors

Besides going over and introducing yourself, think of other creative ways to connect with your neighbors. Have the kids create a lemonade stand, host a chalk drawing party, or plan a neighborhood cookout.

D Get to know the new school

The first day at a new school can be scary for kids. Talk to them about any fears they have and set their expectations. Most schools provide new student orientations to see the school and navigate the campus prior to starting.



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