

MOVING WITH CHILDREN



Children, from toddlers to teenagers, are affected by your move. But parents can make the transition a more positive experience by keeping lines of communication open.

Stress the positive aspects of the move. Talk about new friends and your new community. For younger children, make sure you keep familiar toys, stuffed animals and books nearby. It's important not to abandon familiar bedtime routines to help in this transition.

When a child says, "I'm going to miss my friends," assure your child that you understand and that they can keep in touch with friends. Tell them that they can call, visit, write, e-mail, keep in contact through social media, etc.; Assure them that being apart doesn't mean being out of touch. And assure your children that there will be many new friends waiting in the new community.

Children will also want to know about your new home. Use a road atlas to explain where you are now and where you will be moving. When you visit your new community, take pictures and explain each picture to your children.

Make sure new teachers help play a role in reducing anxiety. Meet with teachers personally and tell them about your child's special interests, needs, and/or concerns. When you form new friendships with neighbors, it will help your children to do the same.

On moving day, arrange for child care. It will be difficult for you to spend quality time with your children during the moving process. Encourage your children to pack some of their favorite items that will help make them part of the process.

Above all, be sensitive to your children. Talk to them. Listen to their concerns. Empathize. Assure them that everything will be fine and that they will adjust more quickly than they might have ever imagined.

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