



# Tips for moving with kids

Moving can be a very stressful and emotional time. You will move many valuable possessions when you change addresses, but none are as precious as your children. Here are some tips to help you prepare your children for their upcoming move.

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## 1. Talk to them about what is happening

Include your children in the conversation early on will help put them at ease during the transition. Encourage them to talk about their feelings can put their minds at ease. If you explain why you are moving, what the new home will be like and the exciting things that will be found in the new area, they may start to feel more optimistic about the experience.

## 2. Don't forget to pause for snuggles

If you can, take a break from setting up your new home and spend as much time with your child as you can, that will make a big difference in how they adjust. When they're off to their new school, you can take your time to decorate the place.

## 3. Let your child "help"

Put your child in charge of packing up some of their books, toys or games so they feel they're contributing. Although you may be tempted to discard their old, tattered toys, you may want to hold on to a few of your child's favourites. Let them decide how his or her room will be arranged and decorated.

## 4. Make it fun

Give your children their own miniature packing box that can be decorated with stickers, paints and pictures and used for a few of their favourite things. Ensure the box is small enough to place on the plane and travel with them to their new destination.

## 5. Visuals are useful

Take your children to visit the new house or play in the new yard before the move. Take a tour of the local playground, shops in the neighbourhood and their new school. Your children will get more excited before they arrive and have a firmer idea of what to expect.

## 6. Make it creative

One of the things that stresses out kids most during the move is that they don't have any control over their surroundings. Encourage them to decorate

their room such as choosing the colour of their walls or let them draw out the layout of their room. Involving children in the move in this way has the added benefit of making them feel in control at a time when events in their lives can seem out of their hands.

## 7. School Planning

Your children's education will always be a priority, relocating abroad as a family does not need to derail their progress. Parents must make a choice that best suits their child's temperament, interests, strengths and weaknesses, while ensuring that their choice is in line with their child's future goals.

### Preparation of children's education abroad

Ideally, you can visit the new school you have chosen with your children. This will help ease them into their new environment. They will be able to meet their future teachers and get a feel for what their new school will be like. If that is not possible, you can arrange a brief video call with the new teacher can also help, especially if the teacher is skilled at providing a developmentally appropriate connection for the child.

### The best time to move with children

The decision though is up to you and your family. If you have the flexibility to choose when you move your family, then you should consider moving during the holidays or before the school year. Your kids will be able to start the new term together with other new kids and everyone will be starting the year together. This way, your children can adapt to their new environment much easier, and their studies will not get interrupted.

### Most importantly, give it time

Uproot your children or teens from their familiar surroundings can be as heartbreaking as it is exciting. Be calm and patient as they work through emotions, but continue to set appropriate, positive, and healthy routines. Make sure you remain positive about the new home as young children often pick up on their parents' emotions – especially when the parent is stressed or anxious. Who knows? The move may well end up being the best choice your family has ever made!

Contact us to learn more about how we can make moving easier for you and your little ones