

Moving with Children

Moving can be an especially traumatic experience for youngsters. One way to ease their emotional transition is to make them part of the move.

Give children their own sorting and packing to do, and assign age-appropriate tasks, such as filling out change of address forms or helping with pets.

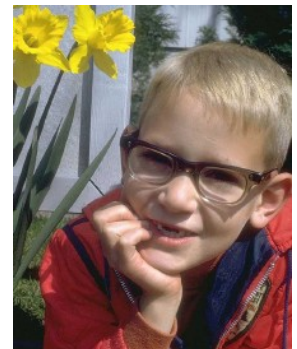
On moving day children can help load the car and come along on the final sweep through the house.



Before you leave, visit children's favorite places together and take pictures for a scrapbook. Get friend's photographs and addresses, along with stationary for your child to write them along the way.

Most importantly, help your children form a positive mental image of your family's destination. If they have never seen their new home, show them pictures of the new house and neighborhood, including their new school.

Change is stressful for parents and children alike, but together you can transform your anxiety to excitement about your family's new home.



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