

Moving With Children



Tips For Parents From Dr. Ahou Vaziri Line of Thread Counseling Group



Moving homes is one of the most stressful life events, and children feel that stress, too. Here are some tips to help children and parents cope with the stress of moving.



Don't couple moving with other big changes.

For littles, don't take away a pacifier, change beds, etc. Let them deal with one huge change at a time

Provide developmentally appropriate ways for them to feel more in control.

For elementary age kids, let them decide where they want to store their stuffed animals, which way they want their desk facing, etc. For older kids, let them map out their room so they can decide where their furniture will go



Be really honest with kids.

If they ask you why they are moving, tell them in a developmentally appropriate way: "Mom's job was transferred so we have to move so her commute will be shorter and she can spend more time with us at home," or "We needed more space so we found a house that fits our needs."

Find ways for them to commemorate their old house.

Draw a picture of their old home, take a jar of dirt from the backyard, or pick flowers from backyard and have them pressed.



Involve them in the moving chores.

Give them a task that you think they can handle like unpacking toiletries or organizing the pantry so that they feel like they are a part of it, too. For older kids, ask them if they want to help make a list of new grocery stores nearby to try

For their big emotions, we always say "name it to tame it."

Rather than saying "it's not that bad," or trying to make them "feel better," allow them to feel their feelings.



Once you are moved, help them with the transition.



Speak with the school counselor/teacher before their first day to make sure they are looking out for your kid and making sure they are not eating lunch alone. Attend community events to help make new friends. Go on walks in the neighborhood to help build familiarity with their new home.