

Children can have different reactions to relocating.

The best thing is to spare them as much stress as possible during the move. Stress reactions can result when children don't understand what is going on around them.

No matter your child's age, relocating always brings major changes to their everyday life:

- loss of familiar environment
- loss of social environment such as friends, grandparents, neighborhood playground
- new school, new kindergarten

We hope this brief checklist can help make moving house as pleasant as possible for both your children and yourselves.

The Sooner, the Better

- inform the children as soon as possible and explain why you are moving away
- take time to answer the children's questions
- use appropriate children's books such as „We are Moving“, „A Kiss Goodbye“ or „Moving Say“ to prepare them playfully for the event
- where necessary, arrange for a babysitter
- show the children the new home and the neighborhood
- betimes, plan a visit to the new school or kindergarten with the children
- let the children participate, for example choose furniture/colors, pack their own toys
- give the children the feeling that they are needed
- if a change of school is involved, get information on the new curriculum
- give the children enough time to say goodbye to friends
- checking out available sports, music or other clubs beforehand will ensure a smooth transition and enable the children to already get to know new friends

On Moving Day

- Let children carry their own toys or other light items
- get children's rooms ready first so they have somewhere to retire to

After Moving Day

- give the children time to get used to their new surroundings
- let them help with unpacking and arranging things
- give a small welcoming party to get to know the children in the neighborhood
- to begin with, walk together to school or kindergarten