



ARNOLD ADVISOR

HELPING CHILDREN TRANSITION DURING A MOVE

Moving can be an exciting time for your family, and summer is the time when the majority of families choose to move. However, it can also be a sad and stressful time. Children may have different feelings about your family's move: scared about going to a new school, excited about a new home, sad about leaving old friends or angry with their parents about moving.

There are several things a parent can do to support their child through this transitional time.

The checklist below was developed by Jennie L. Moritz, Ph.D and Ann V. Deaton, Ph.D of *Coping Kids*— to remind parents of important things to do before and after a move.

Before the Move:

- Tell older school-age children about the move as far in advance as possible.
- Share information about your new home, town and state with your child. Give them brochures and check out websites about your new town.
- Plan a goodbye/moving party for your child. Involve them in the planning. Help them get mailing addresses, email addresses, and phone numbers of friends and family they will be leaving.
- If possible, take your child to see their new home, town and neighborhood.
- Schedule a time to visit your child's new school, meet the principal, some teachers and future classmates ahead of time.
- During the move be sure to prepare some special comfort items for your child.

After the Move:

- Listen to your child's feeling about the move and offer extra support.
- Discuss activity options and sign your child up for activities such as sports, clubs and library programs.
- Take some exploratory trips into the community, to nearby parks, restaurants or a skating rink.
- Help your child decorate their new room to make it a special place in your new home.
- Encourage them to write, email or call friends and family to tell them about the new place.
- Get to know some of the other parents and find out about their activities and their children's interests.

By following these suggestions you can help make your child's transition to a new home and school less stressful and the move will be much easier for the entire family.