



How to Make Moving Easier on Kids

Simple ways to turn a big change into a family adventure.

Moving to a new home can be stressful for the whole family — and children may have a harder time understanding and adjusting to the change. The good news: kids are resilient and adaptable. With preparation, reassurance, and a little patience, you can help make the transition easier for everyone. Here are our best tips for the whole family.

Before the Move

- 1 Prepare kids for what to expect.** Young children might not fully understand what "moving" really means. Explain exactly what will happen, in simple terms they can picture.
- 2 Have a goodbye party.** Give your kids a chance to say goodbye to the people who matter most to them. Children love a celebration, and it's a great way to turn the move into a positive, exciting experience.
- 3 Time your move thoughtfully.** If you have a choice, aim for a relatively calm period in your child's life. Consider school schedules and avoid stacking the move on top of other major changes, such as potty training or a new sleep routine.

While You Pack

- 4 Let the kids help you pack.** If they're old enough, let your children pack some of their own belongings. Even young kids can sort toys or help wrap items in tissue paper or bubble wrap. If some things are going into storage, ask them what they'd like to keep close and what they don't mind parting with for a while.
- 5 Don't rush yourself.** Packing with small children underfoot always takes longer than expected. Give yourself plenty of time to plan and execute the move so you're not racing the clock with little ones in tow.
- 6 Pack one box of toys last.** Kids need things to do right up until moving day. Don't make the mistake of packing all the toys first — you'll end up with bored children who make the day harder for everyone.
- 7 Label boxes of kids' stuff very clearly.** At some point you'll be digging through boxes for the one toy they absolutely need right now. Don't just write "toys" — include enough detail that you'll actually be able to find it.
- 8 Line up alternate entertainment.** If a babysitter or trusted family member is available, consider using them — you'll get far more done with a few kid-free hours. If not, line up activities that keep little ones busy: a favorite movie, a new set of paints, or modeling clay can buy you a surprising amount of time.

Moving Day and Beyond

- 9 Take kids' concerns seriously.** Even toddlers can express some of what they're feeling, and older kids will likely have plenty of questions. Treat their feelings with respect, even when you can't accommodate every request.
- 10 Maintain familiar routines.** Once you're in the new home, some things will change — but hold on to what matters most to your kids. Stick to familiar bedtime routines, and keep up traditions like Saturday morning pancakes if you can.
- 11 Remind kids what's staying the same.** Even when their home and surroundings change, familiar people, routines, and traditions can give them a sense of security.
- 12 Make a big deal of the exciting new things.** A new home means new friends and new opportunities. Explore your new neighborhood and discover places your family can enjoy together.
- 13 Make it feel like home.** Take your time unpacking, but prioritize hanging or displaying a few cherished, familiar items as soon as possible. Familiar things help a new house feel like home for the whole family — kids included.

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