

On the Move: Tips For Maximizing Your Move When You Have Kids

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Moving can be quite the experience for you and your kids. In fact, as stressed as you may feel, your kids may feel equally stressed. Major changes such as a move can make kids feel [scared](#) [and out of control](#). One way to alleviate some of this stress is to include them in the moving process. Here's how:



1. Pack their room last and [unpack it first](#) in the new home.
2. Stick to the old meal and bedtime routines [throughout the move](#) to give them a sense of familiarity.
3. [Hire movers](#) - you will thank yourself and you'll have more time to help your children.
4. Include your kids in some [decisions](#): decorations, new plates, which new park to visit first.
5. Find [child](#) and [pet care](#) for moving day to alleviate stress.
6. Involve your kids in [packing and unpacking](#) so they feel more invested.
7. Prepare them mentally but be prepared for [anxiety](#) - adjusting can take up to 6 months.
8. Get them pumped about their [new school](#) by taking a tour or even walking or driving by.
9. Help them create a [memory book](#) of the old house, school, neighborhood, friends, babysitter.
10. Remember to [practice self-care](#) so that you're on top of your game for your children.

Now that you have some ideas for how to include your kids in the planning and execution of your move, try turning it into a game. The more fun you build into the process, the less stressed everyone will be. And that's a good thing!