

# How To Make Moving Easier For Kids



## Moving can be stressful even if you're moving alone.



Imagine what a child goes through when suddenly one day you tell them that you're moving.

Regardless of the age of the child, they almost never get a say as to whether they want to move or not.

They have to forego their attachments which have shaped them into what they are. Attachments can be physical or emotional (in both cases it can be the house itself).

When children are suddenly asked to leave everything they've known, related, connected to, and get no say in this whatsoever.

It's bound to affect anyone.

You may not have an option in moving, but you definitely have an option to make it easier on the children.

Here are some ways you can **break the news** nicely.

Don't worry, we've done all the work and found ways in which you can make moving easy for your kids.



Here are some of the problems you might face during your move

- The frustration you're likely to face due the general sense of disorder and lack of planning
- Your child's breakdown, due to the heartbreaking move
- Misdirecting your anger/frustration/anxiety on to your family or friends
- Your child not taking well to your new home, causing depression and maybe another breakdown

# When you break the news of moving home to your kids, children of different age react differently to it.

Here are a few things you should know and can do depending on how old your child is;



**1. Infants**



**2. Pre-schoolers**



**3. School-age**



**4. Teenagers**

# 1. Infants



## What you should know

- Toddlers generally move well, without making a fuss
- They may sense your stress levels and start making a fuss immediately before and after the move
- They may not be able to convey their emotions accurately, especially if you have a sitter looking after them

## What you can do

- Spend time with them during the move to play with the
- Keep their favourite toys close by
- Stick to your regular sleep and eating routine etc.

## 2. Pre-schoolers



### What you should know

- May not comprehend what's going on
- Tend to think that the frustration/anxiety caused by the move is their fault
- May fear that you'll be leaving their toys, furniture etc. behind
- Don't realize that neighbours and friends will not be moving

### What you can do

- Pack their stuff last (especially toys)
- Include them in the packing process as much as possible
- Explain the move and the reason for the move to the child
- Keep routine normal

### 3. School-age



#### What you should know

- Relationships (friends, neighbours etc) are very important to children
- They may understand that the relationships are going to end
- However, they may lack the maturity to deal with the issue
- May have unreal expectations about the move. This may cause them to get short tempered or frustrated, once reality doesn't meet their vivid imagination

#### What you can do

- Find new friends for your child
- Escort your kid to their new school and show them around
- Organize your farewell party
- Take pictures with your child in your new city

## 4. Teenagers



### What you should know

- Teenagers are not known to take moving well
- The thought of losing their connections may trigger frustration, anger, depression
- Have the maturity to understand the reason behind your move but may get emotional

### What you can do

- Give them their time and space
- Tell them about the move ASAP so that they have time to deal with it
- Buy them clothes that'll help them fit into their new environment
- Support your child emotionally



Apart from all this, we also have a few general tips for you



- Pick the house with your child
- Let the children decorate their room
- Let the children feel however they're feeling about the move and be supportive no matter what. [Here's](#) how
- Take the children's concerns seriously
- Pack an [overnight kit](#)
- Give them some control over the situation
- Don't show them you're stressed
- Provide alternate entertainment
- Keep a cooler ready as at some point you'll have to pack your refrigerator
- Make your new home feel like home by including some familiarity
- Hire professional [movers and packers](#)
- Maintain routines after the move
- Find a social system for the children as early as possible

**Didn't get everything you needed? Want more information? Try reading these children's books on moving.**

1. [Dear Phoebe, S. Alexander](#)
2. [We Are Best Friends, Alik](#)
3. [The Good-Pie Party](#)
4. [A House for Hermit Crab](#)
5. [The Leaving Morning](#)



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