



PARENTchecklist

Before the move:

- Tell your child about your move as soon as possible. The more time to get used to the idea of moving the better.
- Emphasize the positives of your new home or community to your family.
- Acknowledge their concerns. Let your child know it's OK to be nervous.
- Get them involved in the process. **Truckie's Treasure Chest** is a great way to get children involved with moving so they can have a special box to pack their own things. Or they could fill out their very own moving journal, "**Traveling with Truckie.**"
- Show them pictures of your new house and community, the school, playground, ball park, etc. Visit ahead of time if you can.
- Make sure there is time for goodbye. Especially if your child is moving out of town arrange a party with their friends. Have them fill out the Friend Directory in "**Traveling with Truckie.**"

During the move:

- Be a role model. Try to be upbeat and calm about moving. It will help your children accept change easier if they see you are.
- Allow them to keep a few of their own possessions with them during the move. Have your child help sort their things and choose what special items they want in **Truckie's Treasure Chest**.
- Keep their room intact as long as possible. It will make moving seem like a shorter process.
- Make sure their favorite things and some activities are in their treasure chest to keep with them during the move.
- It may be very beneficial to have a friend, relative or babysitter come over the day of the move to occupy your child and let you stay focused on moving.
- Plan to have a small toy or treat waiting at the new house for your child as an exciting surprise.

After the move:

- Help your kids settle in first. Set up their bed and unpack some toys and familiar decorations to help make their room feel like home.
- Take breaks for fun and relaxation. Go for a walk through the neighborhood or play a game for a little while, it will be a welcome break for you and your child.
- Stick to a schedule. Try to keep things as routine as possible and similar to how they were before the move; such as bedtimes and meal times.
- Make plans to meet new friends but stay in contact with the old. Whether you are in a new neighborhood or new school, it is good to meet new people in the area. Also encourage your child to write, e-mail or call friends from their Friend Directory.
- Find something unique and fun about the new house or community to tie into your child's interests. Maybe there are sidewalks to take bike rides together or a nearby park to play in.
- Look for signs of your child having trouble adjusting. They may be more quiet or withdrawn soon after the move but if unusual behavior continues you should talk to your doctor.

The most important thing to remember when moving with kids is to stay positive, be patient and take time to listen to your children's feelings.

Moving does not have to be an overwhelming and stressful process, **TWO MEN AND A TRUCK**® works hard to be the "Movers Who Care"® and wants to help make your move easier on you and your children.

