



Checklist for Parents Moving with Children

Moving to a new home with children requires special preparation to ensure a smooth and positive experience for the entire family. Parents have to balance the logistics of moving while addressing the emotional needs of their children. This checklist covers essential steps parents should take before, during, and after the move to make the transition easier for kids.

Before Moving Day

- **Explain the Move Clearly**
Talk openly with your children about why and when you are moving. Provide a timeline so they can mentally prepare and feel involved.
- **Research the New Location**
Explore schools, parks, and activities in the new area. Show your children pictures or virtual tours to build excitement.
- **Involve Children in Planning**
Give age-appropriate tasks like researching local places or packing personal belongings to make them feel part of the process.
- **Start School Transfers Early**
Contact your child's current and future schools to arrange for records transfer and enrollment paperwork.
- **Choose a Reputable Moving Company**
Select professional movers experienced in family relocations to ease concerns about the move.

Packing and Moving Day

- **Pack a Moving Day Essentials Kit**
Include snacks, drinks, favorite toys, change of clothes, and important documents to keep kids comfortable and entertained.
- **Label Boxes Clearly**
Mark boxes with contents and room locations to streamline unpacking and reduce stress.
- **Arrange Childcare if Possible**
Consider having a babysitter or family member care for young children during the busiest moving hours.
- **Maintain Routines**
Keep regular meal, nap, and bedtime schedules to provide stability amid the moving chaos.

- **Create a Safe Play Area**

Designate a supervised zone with toys for children to stay entertained during packing and loading.

After the Move

- **Set Up Children's Room First**

Unpack and arrange their rooms quickly to give them a familiar, comforting space.

- **Explore the Neighborhood Together**

Visit local parks, schools, and community centers to help kids adjust to their new environment.

- **Keep Connections with Old Friends**

Encourage phone calls, video chats, or visits to maintain friendships.

- **Celebrate the New Home**

Plan a small welcoming party or special family outing to create positive associations.

- Moving is a big change, but with thoughtful planning and involvement, parents can ease their children's transition and make the moving experience positive for the whole family.

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