



## Moving plan with kids

### Checklist

#### 2 MONTHS BEFORE

- Talk to your kids about moving
- Make a bucket list: things to do before leaving the town
- Research a new school and advise the school of your move
- Get vital records (medical, dental, eye and school records)

#### 1 MONTH BEFORE

- Make arrangements for the moving day and for the arrival day at your new destination, including who will babysit your children for 1 or 2 days (find a friend, a babysitter; check with your MFRC or another resource)
- Downsize toys (involve your kids in the process of decluttering: donate, give or keep the toys)
- Collect contact information (give your kids their own address/telephone book to keep in touch with their friends)

#### 2 WEEKS BEFORE

- Throw a goodbye party
- Research the new town as a family (attractions, activities for kids)
- Take pictures or videos of the old house to keep as a souvenir
- Let the kids pack a special bag (for the road trip)
- Say goodbye to your old town (eat at your favourite restaurant one last time, go to a special place: park, library, etc.)
- Return items (return books to the library, give back a friend's toy, etc.)

#### 1 WEEK BEFORE

- Plan the trip to get to your new house (stops on the way)
- Buy essentials (snacks, juices)
- Last goodbye with friends (one on one)
- Pack a "First Night" bag for kids (diapers, wipes, medications, first aid kit, clothing, pyjamas, favourite toys, high chair, stuffed animals, extra pacifier, extra bag for dirty diapers, formula, bottles or sippy cups, baby food, toothbrush and toothpaste, iPad)

games, blankets, stroller, bath items, car seats, toilet paper, tissues). Don't forget to have extra trash bags and cleaning supplies and to pack your own necessities.

## MOVING DAY

- If you have no babysitter, find an appropriate and safe place in the house for the kids (a child-proof part of the house with baby gates and activities for them: cards, games, colouring books, iPad games, books to read, DVD with movies, etc.)
- Have a simple and easy lunch/supper and snacks
- Mention to the movers to put the child's toys last in the truck so that they can have access to them as soon as you reach your new destination
- Allow them to express their emotions (validate and normalize their feelings)

## AFTER THE MOVE

- Unpack your child's room first (make them feel at home faster with their bed, toys, books, etc.).
- Set up outdoor games (your kids can play outside while you unpack inside undisturbed)
- Discuss with your child the paint colour for their new room
- Set new ground rules in the house
- Have some fun (get out, explore the new town, take a break from unpacking)
- Develop a new support network, be proactive (meet other families, neighbours, arrange play dates with kids, meet teachers, sign up for new activities)