



## Preparing to relocate

### *Planning for the move*

Moving can be a very stressful time for all family members—especially children. Everything that they once knew is about to change. **Planning** ahead can help make this time easier for your children.

*Use the checklist below to help you ease the stress on your children as you plan for the move.*

#### AS A PARENT, I:

- Realize that my children may or may not like moving.
- Keep a positive attitude toward the move.
- Know that all children are unique and adjust to change at different rates and in different ways.
- Involve my children in the packing process.
- Make sure that my children’s school and medical records are correct and complete and are sent to the new school, keeping a copy for my records.
- Find education programs and resources for any special needs my children may have.
- Help my children make plans to stay in touch with friends, neighbors, and family members.
- Help them make a memory book of favorite things so they will remember their past.
- Pack treat bags with snacks and favorite toys for the move.

#### AS A FAMILY, WE:

- Plan to host a “moving party” with our friends and neighbors.
- Read books about moving together.
- Find information about the new community in maps, books, travel guides, Internet, etc.
- Plan to do all we can to move everyone’s things safely.
- Turn challenges into adventures (have a picnic if the table is packed).



IMAGINE STEPPING INTO  
YOUR CHILD’S WORLD  
AND SEEING THINGS  
FROM HIS OR HER POINT  
OF VIEW.

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