

# Moving away: Tips for families

Moving is a major change for all members of the family. Whether you're buying a house across town or heading across the country, a new home can be stressful, fun and confusing at the same time. Kids – and parents – of all ages may need some help during the transition:

- **Plan in advance.** Sometimes moves have to happen quickly due to a new job or other situation. But if you can, give your kids plenty of time to tell their friends about the move and to say goodbye. Get addresses, emails and phone numbers so they can keep in touch. Take pictures with friends and at your old home.
- **Talk about it and support each other.** Be open with your child, teen or spouse. It's okay to miss your old home or town. Ask them how they're feeling. Having good communication can help relieve stress and work through tough feelings.
- **Keep your routine.** As much as possible, do the same things you used to do once you're in your new home. Cook familiar dishes for dinner and keep family activities the same. This can help everyone adjust.

## Essential moving items

When you're moving, you may feel like you don't have anything you need at your new place. Make sure you pack these important items to get by until you're settled in:

- Keys, wallet, purse and cell phone
- Chargers for electronics
- Medicines
- Toiletries, such as soap, shampoo, toothbrushes and deodorant
- Toilet paper and tissues
- Shower curtain
- First aid kit
- Sheets and pillows
- Plates, cups, utensils and napkins
- Dish soap and hand soap
- Easy meals and snacks
- Favorite books or toys for kids
- A few changes of clothes and laundry detergent

