## Moving with Children

Help your children adjust to moving before, during and after your relocation with these helpful ideas.





## Share as you Prepare



Including the children in house hunting - in person and online. With the help of technology, it's possible to see not only the house, but the landscape and surrounds.



Find out about the new area and share information about fun, familiar activities. If they are active with park & rec or scouting, see what will be available when you move.



It may be helpful with younger children to play-act with dolls and toys, boxes and a wagon - to get a sense of "moving".

## **Time to Settle In**

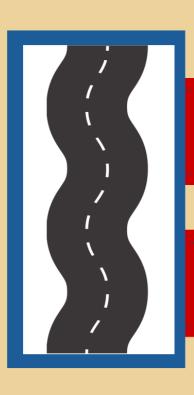


After major unpacking is done, take a family break.
Go for a walk, play Frisbee, find the zoo, have some ice cream.
Don't try to do everything at once.



Let your children help decide how their room will be arranged and decorated.
Allow them freedom to place their favorite things in their new space.

## **Finding Their Footing**



Parents spend time listening to each child when they talk about school and new friends. Follow their progress in school and attend activities.

If the move was urban to rural or rural to urban, talk to your child about new situations or cultural differences they may face.

Moving your family can be one of the most stressful things you'll ever do.

Let Fry-Wagner make the move as stress-free as possible so you can focus on more important things - your Family!

