Article published on December 4th 2011 | Home Security

If you are preparing to move to a new house in a different location and you have kids, you are going to have to take additional steps to ensure that your kids are ready to make the move. It isnâ€™t just about you and your needs, as any good parent already knows. You need to minimize the amount of stress that your kids feel about the move, and you are the only one who can do it.

The first and most important action you can take is to keep your own emotions about the move in check. You might not want to move, but you canâ€™t transfer your feelings to your kids because they are like sponges and will absorb your tension. No matter how you feel about the move, you must remain positive about it in the presence of your kids. If you are excited about the new opportunities moving will present to you, they will be too. If you are moving because of a divorce or other family situation, it is extremely important that you keep any ill will you have toward your partner or family member to yourself. Emphasize the positives of moving and your kids will embrace the change more easily.

Professional movers offer the following checklist for preparing younger kids for a move. These tips will help you transition your kids to the next phase of their lives.

1. Have your kids make a list of all the questions they have about moving. This will give you a clearer picture of what their concerns are and will allow you to put their minds at ease.

2. Allow kids to help with the move. Get their opinion on which movers you should hire and have them research activities that will be available to them when they arrive at the new location.

3. Have your kids write down the addresses of all their friends they want to remain in contact with. Be sure to get their home addresses, their phone numbers, and their email addresses.

4. Have your kids make a list of everyone they want to say goodbye to prior to the move. This could be a favorite babysitter, a neighbor, a doctor, or a friend.

5. Take a last trip to special places in your old location. Take pictures and make a scrapbook of these places to help your kids make connections to their new location.

6. Have your kids design their new bedrooms. This will get them excited for the move because they will have a say in their new surroundings.

Article Source:
http://www.articleside.com/home-security-articles/how-to-prepare-young-kids-for-a-move.htm - Article Side

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Article Keywords:
Chicago mover, San Diego mover

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