

MOVING DAY WITH KIDS



Moving day is exciting but can be overwhelming for little ones. Use this checklist to keep your kids happy, safe, and stress-free during the transition.

BEFORE THE MOVE

- Talk about the move - explain what's happening in age-appropriate terms.
- Tour the new house (or show photos) – helps kids feel prepared, included & excited
- Pack a “First Night” Box - pyjamas, favourite toy, bedtime book, nightlight. Let them help choose items to create excitement.
- Prepare a “Go Bag” - snacks, water, activities, and a change of clothes for the day.
- Set aside essentials - diapers, wipes, bottles, formula, or school supplies.

ON MOVING DAY

- Arrange childcare - if possible, ask a friend, family member, or sitter to watch younger kids.
- Keep a safe space - designate one room for kids to relax away from movers.
- Entertainment ready - tablets, colouring books, or travel games to keep them occupied.
- Stick to routines - try to keep mealtimes and naps as close to normal as possible.
- Give them small jobs - let older kids label boxes or pack their toys to feel involved.

FIRST NIGHT IN THE NEW HOME

- Unpack kids' rooms first - familiar bedding and toys help them settle faster.
- Keep bedtime rituals - favourite story, music, or routine signals comfort and normalcy.
- Explore together - walk through the house as a family and point out where things will go.
- Celebrate - end the day with a fun treat like pizza or ice cream to make it memorable.

BONUS TIPS FOR PARENTS

- Pack a cooler with water, juice boxes, and easy snacks to avoid meltdowns.
- Keep comfort items (blanket, stuffed animal, pacifier) accessible—not packed away.
- Load up the car with books, colouring supplies, or playlists for entertainment.
- Scout out local parks, fast food spots, or coffee shops for quick breaks if needed.
- Take a family photo in the old house as a keepsake before you leave.
- Assign older kids small “helper” roles so they feel included and responsible.

✓ **Moving is an adventure - if you frame it as exciting, your kids will often follow your lead.**