

# Hamilton Packers

HAPPY RELOCATIONS

Relocation Guide : A Step by Step guide to a

Happy Moving !!



## Before The Move

The contract is signed and you're committed to the move. Worried how the kids will react?

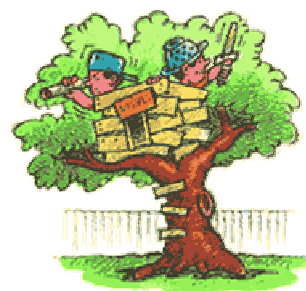
- Breaking the News
- Checklist
- Parent Forum



## During The Move

The boxes are sealed and ready to go, but the kids refuse to come out of their rooms. Don't despair. Check out tips & activities to keep the family engaged (and sane).

- The Plan
- Scrapbook



## After The Move

The closing is complete and you've moved into your new house. But there's more to do on the family front to make your house a home.

- Settling In
- What to Expect
- Community Trivia Guide

## BEFORE THE MOVE

### BREAKING THE NEWS

#### How To Tell Your Child You Are Moving

Most children have some—or a lot—of "natural explorer" in them. Appeal to that explorer side when telling kids that the family is moving and you'll help them view the move as an experience that can lead to exciting discoveries. Here you'll find moving advice for telling your [younger children](#) (up to age 9) and [pre-teens and teens](#) (age 10 and older). Naturally, you know your children and their personality's best. Adapt these suggestions to suit your kids.



**Here is moving advice that experts recommend for all ages :**

- 1. Tell your kids about the move as soon as possible.**
- 2. Welcome their questions.**

Openness will go a long way toward helping your kids have to think about a move, the can't answer all their questions right now. What easier it will be for them. Experts say it's they ask will give you an idea of how they're the opposite. Children need time to get feeling—excited or uneasy. And some questions may used to the idea of moving. Don't put off offer an ideal way to get them involved in the move telling them. process immediately, such as suggesting they get online to investigate the new community

- 3. Be positive about the move.**
- 4. Let them know they can help with the move.**

Your attitude will influence your children's. Dread the move and it will seem dreadful to them too. Be enthusiastic and positive about the new experiences and opportunities in store, and your children are more likely to feel the same way. This is a good time to emphasize that this is a family event and everyone will be part of planning, packing and perhaps choosing the new home. Hand out the printable Moving Checklists to start them thinking of things they can do and how to get ready for the move. Assure them that their contributions will be valued.

## TELLING YOUR YOUNGER CHILDREN ABOUT THE MOVE

### Telling Younger Children About a Move

Children have different concerns about moving at different ages. For preschoolers and young school-age children, family is the center of their lives. They'll be curious about moving, and they may have concerns such as being left behind and getting lost. It's important that parents pay attention to those concerns and not treat them as trivial.

#### **1. Explain where you are moving and why.**

"Mommy got a promotion at work and we're moving to where her new office will be." "Since Grandpa got sick, Grandma needs our help. We're moving to be closer to them." "We need a bigger house and we've found a place that has what we need."

#### **2. Highlight benefits of the move that your kids can understand.**

Explaining that you're moving to another town because the schools are better, for example, isn't likely to have much meaning to younger children. But pointing out that the new schools will have more activities, such as more sports programs, if your child likes sports or a band (or wants to), are reasons your kids can cheer.

### MOVING ADVICE : Telling Young Children

1. Explain why you are moving
2. Show maps and pictures of the new place.
3. Describe good things in store for them.
4. Assure them of things that will stay same.

#### **3. Use maps and pictures to make the move more concrete.**

If your children can understand maps, have one that shows your new community. Together, locate where you will be living and places of interest around it. If you are moving far, have a map that shows where you are now and where you're going. Help them trace the distance and even plot out a route you might take from here to there. If possible, have photographs of the community and your new home.

#### **4. Reassure them that their life won't change dramatically.**

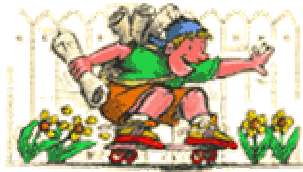
Point out the things that you know will be basically the same in their new home and community, such as having a backyard to play in and going to preschool. Explain that pets and favorite belongings will go with them. If there are lessons or other activities your children enjoy now, assure them that you'll find new instructors or programs for them.

## TELLING YOUR TEENS ABOUT THE MOVE

### Telling Pre-teens and Teens About a Move **MOVING ADVICE : Telling Pre-Teens and teens Move**

Some pre-teens and teens will be thrilled at the idea of moving and the news will be met with squeals of delight. However, if you suspect that won't be the case with your teenager, you're not alone. A move is often hardest on young adolescent and teenage children. As you well know, at this age friends are vitally important. A move means giving up these friendships and having to form new ones. And since fitting in is of prime concern for this age, they worry about what kids are like where they're moving and who'll be their new friends.

1. Give them lots of time to get used to the idea and to plan
2. Be open and honest about why you are moving.
3. Highlight benefits for them in the new place.
4. Share move plans and timetable.



Whether you're expecting cheers or boos, here is all-purpose guidance on breaking the news to older children.

### **Telling them immediately is doubly important.** **Be straightforward about why you are moving.**

They need time to get used to the idea, to plan and to grieve at leaving their friends. Keeping a move from them also is likely to heighten emotions between you, as they may feel a sense of betrayal—that you were hiding an important secret.

Older children are more able to grasp the bigger issues of why the move is happening—even if they don't want to understand. You can explain why a promotion can't be turned down and can benefit the whole family, or why an elderly grandparent needs the family nearby. Be willing to have a discussion and state your reasoning, such as when your teen asks why Grandma can't just move closer to you. Remember the importance of openness. Responses like "Because I said so" often won't smooth the path ahead

### **Do some homework so you can "sell" the new community.** **Share what will happen next.**

Be ready to present benefits of the move that your teens will agree are positives for them. Maybe they'll finally get their own bedroom or you're moving to a city with more public transportation, making it easier for them to get around on their own. Look for a link to a talent or interest your child has that can be explored more fully in this new place. Show them the move has opportunities for them personally.

Give them an idea of timetable and how the move will work, such as if one parent will move first and the rest of the family will follow later. Explain where you are in terms of finding a new home and how they can be involved in the process. Assure them that their ideas are welcome, even if you can't always act on them, and their feelings and opinions are respected. And then be sure to live up to your word!

## CHECKLIST

### Moving Checklist: Planning and Managing a Move



**Use this checklist to help you and your loved ones have the smoothest move possible.**

- Planning a move is essential. Start by making a plan for packing – which rooms get packed first, next and last. [TIP: Try to pack younger children's belongings last, to minimize the disruption of a move for them.]
- Planning a move with kids means traveling as a family from the current home to the new one. Make your travel arrangements well in advance and aim to make the trip as stress-free as possible. If flying, try to book a direct flight. If driving, estimate how far you'll get each day and book accommodations in advance.
- Pre-arrange for important services – such as a working phone, cable television hookups and Internet access – to be installed prior to arriving in your new home.
- Assign every family member a sorting, packing, and Moving Day job (or two) – to increase efficiency and ensure everyone feels a part of the process.
- If you have young children, determine how to keep them safe and occupied on Move Day. Now is the time to line up a relative or babysitter to help out.
- If you have pets, plan to keep them safe and out of the way on Move Day when doors will be open and moving trucks will be in the driveway. Also think about how best to transport them to their new home.
- Keep the kids' essential records in a secure folder that goes with you, especially anything needed for enrollment in their new schools including birth certificates and medical, dental and school records.
- Identify irreplaceable family keepsakes that are easily carried – baby books, impressions of tiny feet and hands, photographs, a first art project, etc. Pack them for taking with you in the car or on the plane.
- Pack a bag, box or suitcase with “necessities” you'll need immediately in your new home: toilet paper, soap, shampoo, bath towels, paper towels, shower curtain, etc. Carry it with you in the car or on the plane. It will be easier than having to run out and buy these things upon arrival.
- Make sure every family member has a “survival bag” of clothing, special favorites (toy, blanket, CD), things to read or do en route to the new house, favorite snacks, toothbrushes, toothpaste—essentials for getting to the new home and getting through the first night and morning.
- Have a contingency plan for sleeping in the new home on the first night. If you arrive before your beds on the truck you'll want sleeping bags/blow-up beds for all of you, or a hotel reservation that can be cancelled if it's not needed.
- Scout out restaurants and supermarkets in your new community for locations and hours. Have a plan for feeding your hungry brood when you arrive.
- Have a plan for juggling your need to unpack in the new home with the kids' need to burn off energy (especially after a long car or plane trip). Identify entertainment options in your new community in advance, and while one parent unpacks the other might take the kids out for some fun.
- Consider having a gift for the family – one the kids will love, of course – waiting in the new home when you open the door! It doesn't have to be big or expensive – a lawn game like an outdoor volleyball set can spark a celebration in your new backyard!

## PARENT FORUM

Wish you could sit down with a parent of one-year-old twins and get the strategies for a smooth move with toddlers? Or ask a mom for moving advice on making it easier for elementary-age kids to switch schools mid-year? Or discover the secrets to moving success when you have a spouse who relocates the family five times in ten years? You can! Read on for real-life moving stories filled with helpful moving advice. Three families share their "this worked but—oops!—this didn't" moving tales and tips with you.



- "Plan for the Unexpected!"
- "It Helps to Know the Place Where You're Moving"
- "We Made Five Moves in Ten Years!"

### Stories from parents who've been

#### "Plan for the Unexpected!"

Last year, Marie Montclair\*, her husband, their one-year-old twin sons and seven-year-old cat moved from New Jersey to the Chicago suburbs. What went right—and wrong? Marie's moving tales and moving advice:

"What would I do differently? Plan for the unexpected! Three days before our move, I was called out of town for an emergency business meeting. I got home at 6 P.M.—with the movers due at 8 the next morning! I stayed up all night to finish packing."

"What did we do right? We didn't pack the twins' playpens, favorite toys, pajamas, blankets—things they were attached to. On moving day, I handled the movers and my husband focused only on the boys. We drove to Chicago in two cars—me with the twins and my husband with our cat."

"When the furniture arrived at the new house, the first things we set up were the cribs. We arranged the room as close to the old room as possible—even hanging the pictures in the same places on the walls. The room felt very familiar and the twins adjusted fine."

"The cat had the hardest time with the move. He was petrified the entire drive to Illinois. In the new house we kept him in one room, with familiar things like his bed. It wasn't long before he was exploring all over the house."

\*Name changed.

#### Tips :

- Allow an extra week for packing.
- With toddlers, keep things and routines familiar.
- Set up a toddler's new room similar to the old one.
- If appropriate, confine a cat to one room in the new home to help it

adjust.

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### **"It Helps to Know the Place Where You're Moving"**

Kitty Wright\*, her 6-year-old daughter and 10-year-old son moved mid-school year from urban New York to rural North Carolina. Her oldest, a junior in high school, stayed behind. Kitty's moving tales and moving advice:

"I put my house up for sale in December and it sold in two weeks! By mid-February, we were on our way to North Carolina."

"My oldest, a junior, didn't want to leave her friends or the high school where she'd always gone. We talked a lot before deciding she could live with my mother. Saying good-bye to her made the move harder for all of us. It's something to think about when one child stays behind. But she did great in school, so I think it was the right decision."

"Before moving, we spent time in our new community, which helped the younger children become familiar with it. We visited their school and met the principal and teachers. They enrolled in the after-school program, which was a good way for them to make friends once we moved."

"My son took karate and didn't want to give that up. I wasn't sure how to find a program in our new community, so I asked his karate school for help. They found one right away."

"I also let both kids help choose new bedroom furniture and set up their rooms, to have their own space in the new house. And we've focused on the things they can do in the new neighborhood, like walk in the woods and have a dog. There's a dairy farm next to the school, and one day my son reported there were cows in the schoolyard. You won't find that in the city!"

\*Name and some details changed.

#### **Tips :**

- Visit the new community and school before you move.
- If it feels right, let an older teen stay behind to finish school.
- Use after-school activities to help kids make friends.
- Use contacts in the old community to help you find similar programs in the new one.

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### **"We Made Five Moves in Ten Years!"**

Her husband's job took Vicki Butcher and their two daughters from Oklahoma City to Kansas City (twice) to Fort Lauderdale (twice) and then to Dallas. Her oldest was entering third grade on the first move—her senior year of high school on the last. Vicki's moving tales and moving advice:

"With so many moves, you get good at predicting some things: I could tell the movers it would take 188 boxes to pack up the house, and it did!"

"But with children, every move is different. As my girls got older, moving got harder. In their elementary years, I volunteered a lot at school. It meant I was there for reassurance. It also gave me a chance to get to know the principal, teachers and kids they were meeting, and I made friends too."

"The most difficult move was our last one. My husband's office was being relocated and it was confidential. We didn't tell my oldest daughter, a junior, about the move because it was supposed to be a secret. But the word got out—and she found out from someone else. She was very angry and rebellious for a time after that. It would have been much easier for all of us if we had told her up front."

"We discussed having her stay behind, but we had no family in Fort Lauderdale so in the end we felt it was best that she move too. She loved art, so we found a high school with an excellent art department. We arranged for her to meet the art teacher before school began, and he became a great source of encouragement and a friend."

**Tips :**

- Keep your kids in the loop on important move information.
- Find activities in the new locale that build on your children's interests.
- Visit the new school when it's in session, so the building doesn't seem as cavernous and your kids see students who are like them.
- Volunteer at school to be a reassuring presence for younger children.

## DURING THE MOVE

### THE PLAN

#### Moving Tips For Kids

It's team time for the family move! These printable pages filled with moving tips for kids will help your children feel very much a part of the process as they check off their own to-do lists. You'll find suggestions to keep the children focused (and happy) while doing their fair share of the packing and moving chores. There also are moving tips and activities that can get them talking about their expectations for the new home. There's a lot for children to do from the moment they learn about the move. Get help with moving your kids and help get them off to an organized start with these handy checklists!

- **Moving Checklist for Younger Children**
- **Moving Checklist for Pre-teens & Teens**



## Moving Checklist For Younger Children's

### Getting Ready: Moving Tips for Children

- **Questions:** What do you want to know about the new place where you'll live? Make a list of questions. Talk to your parent(s) about good ways to find the answers.
- **Address Book:** Who are your best pals—the ones you want to stay friends with after you move? Make a list and get each one's phone number and e-mail address.
- **Farewells:** What VIPs (that's Very Important People) do you want to say good-bye to before you leave? Your babysitter? Your dentist? Your favorite neighbor down the road? Make your list of VIPs and show it to your parent(s). Some people you can call or e-mail. Some you can give a good-bye hug!
- **Last Visits:** Think of your favorite places (like the park and the ice cream store) that you want to visit one more time before you move. If it's a long list, choose your top three. Talk to your parent(s) about when you can go.
- **New Room:** Draw a plan for a super-cool bedroom in your new home. Think about the colors you want and where to put your bed.



### Packing Up and Moving Day

- **Packing:** Sorting time! Moving is a good reason to get rid of things you don't want anymore. Go through your toys and games and put them into three groups:
  - Things you want to take with you to the new home.
  - Things to toss out (broken toys and games with missing pieces).
  - Things you don't want but could be given away to other kids.
- **What Else?:** What else can you do to help with all the sorting and packing that needs to be done? Ask your parent. Then put a checkmark here for each job you finish. The more you have, the more proud you should be!
- **Your Stuff:** Design your own personal "seal" for marking your boxes as PROPERTY OF YOU! As your belongings are packed, draw your seal on the outside of each box.
- **First Night:** Your first night in your new home is special. What do you want to have with you? Your favorite pajamas? Your cozy slippers? The photo that's always next to your bed? Choose a few things and ensure these items are packed in your suitcase or backpack.
- **Entertainment:** Take some things to do on the airplane or in the car on the way to the new home, like books, games, your CD player and CDs.

### After You Move: Getting Settled

- **New Info:** You've got a new address! Don't forget to memorize it and your new phone number.
- **New Room:** Remember your plans for a super-cool bedroom? Time to work with your

parent(s) and put them into action.

- **Tour Guide:** Be the family tour guide. Make a list of things you want to see, do and look for in your new community. Choose the top three and talk to your parent(s) about when the tour can begin.
- **Say Hello:** Send an e-mail to your old friends. Tell them all about your new home and include a really great discovery about your new community.
- **Favorites:** Start some "I like" lists. Write down things you like about:
  - Your new home
  - Your new school
  - Your new communityThe longer these lists get, the more settled you'll be in your new home!

## Moving Checklist For Pre-Teens and Teens

### Getting Ready: Moving Tips for Teens

- **Journal:** How are you feeling? Excited, curious, sad at leaving good friends? Tell it to a "move journal." Any notebook will do. Your journal can become your personal memory book chronicling this big moment in your life—the move from your old home to the new. Add entries all through the weeks and months to come. Attach pictures of friends and places in your current neighborhood, and leave room to add pictures of new friends and places to come.



- **Questions:** Wondering about your new home—like how big is your bedroom? Make a list of questions. If your parent is still looking for the new home, make a wish list of what you'd like your new house or apartment to have. (Just don't expect to get everything you ask for!)
- **New Room:** When you get the word on your new bedroom, get out your drawing tools. You've got a whole new space to plan! Figure out where the furniture should go and what colors you may want. Get creative – the chance to "start over" and make your bedroom better than the one you have now is part of the fun of moving.
- **New Community:** Wondering about your new community? Get the scoop online. Do a Web search for local pro-sports teams, activities you can join, job possibilities, stores, restaurants, places to visit—whatever you're wondering about.
- **New School:** While you're surfing, look up your new school. Chances are it has a Web site. Get the lowdown on teams, clubs, teachers, courses, and the school-year schedule.
- **Address Book:** Sure you're moving, but you're not going to Mars! You can still IM your friends. Now is a good time to start collecting phone numbers, addresses, birthdays—anything to help you stay in touch with the friends you want to keep.
- **Farewells:** How do you want to say good-bye to your best friends? With a party? With gifts you make, or things of yours that you give to special pals as keepsakes? Think of other ideas and talk to your best friends about it too. Run your ideas by your parent(s), especially if a party is the number-one choice.

### Packing Up and Moving Day

- **Helping Out:** Now is a great time to show your parent(s) how mature you are and that you can handle responsibility. Packing is a lot of work and your parent(s) can use your help. You may have younger siblings who are anxious about moving and could use your big brother/big sister advice. Think of things you can do, including spending more time with your siblings and taking charge of them on Move Day. Volunteer your ideas and help your parent(s) develop a packing and moving plan.
- **What Else?:** What else can you do to help with all the sorting and packing that needs to be done? Ask your parent. Then put a checkmark here for each job you finish. The more you have, the more proud you should be!
  - Things you want to take with you to the new home.
  - Things you don't want and could be given away to other kids.
  - Things to toss out.

- **Your Stuff:** Design your own personal "seal" for marking your boxes as PROPERTY OF YOU! As your belongings are packed, draw your seal on the outside of each box.
- **Packing:** Make a plan for packing up your own stuff. What can you do without for the longest? Pack that stuff first. What can you part with for only a short while? Pack that last! (For your must-haves, see below.) Label your boxes carefully so you know what's where when it's time to unpack.
- **First Night:** You don't want to have to unpack the minute you arrive, so you'll need things for your first night and morning, or even a few days, in the new home. Pack up your must-haves to take with you—favorite clothing, shoes, CDs, photos of friends. Include (within reason) anything you can't live without!
- **Entertainment:** If your family is driving or flying a distance to the new home, pack a "survival kit" to get you from here to there: magazines, video games, CDs and CD player, snacks—whatever you need to survive hours in the car or in the air.

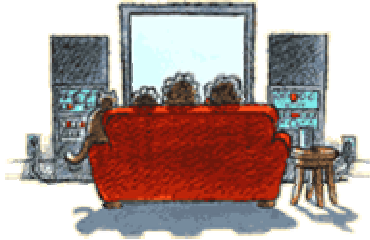
### **After You Move: Getting Settled**

- **New Room:** You've arrived! New home—new bedroom! Pull out that fantastic drawing you made earlier and transform those four walls into your dream room. When it's done, congratulate yourself on your artistic genius—then get unpacking!
- **Map It:** Remember Web surfing your new community? Time to check out the real thing. Map out a tour of the new community for your family including stores and restaurants to visit, and activities you can do together.
- **Say Hello:** Find a fantastic discovery about your new community to tell your old friends, by phone or e-mail.
- **Start Discovering:** Check out what's hot and what's not in your new community. (Those may be your first discoveries to share!)
- **New Chapter:** You've gone from "there" (old home) to "here" (new home) in your move journal. Now add some "getting settled" entries on your new home, school, community, teachers and, most of all, new friends! Hold onto your journal, to save for years to come. It's an important chapter in the story of YOU!

## SCRAPBOOK

### Preserving memories and making more...

Scrap booking is a wonderful tool for collecting family memories and is a fun moving project for children. Use these printable templates to help your kids design a scrapbook. This is a great moving project for family members of any age – teenagers can even use video cameras for documenting the experience in a "moving scrapbook" in every sense! Walk through the following directions with your family to get started.



#### Getting Started

- Print a few templates from the selection provided to begin a children's' scrapbook. You can print as many pages as you'd like to start the project.
- Once printed, fill in your moving scrapbook pages with photos, drawings and writings of your experience during the move. Photos can be of your family looking for new houses or packing boxes, your new yard, and/or the trip along the way to the new house.
- Write about your thoughts and experiences during the move in the sections provided. Your journal entries can be about what you'd like to remember about your old home or your excitement about the new home to come.
- Recording events and experiences as before, during and after, is a good way to show progress. Of course, this is a creative project and it is completely up to you!

#### Supplies

To get started, all you need are a few key supplies. You'll need some colorful non-toxic markers, a pen or pencil, a disposable (or other) camera and non-toxic glue or double-sided tape. When searching for supplies, you may find packages labeled "acid free." Acid free supplies help keep your scrapbook from changing color or becoming weathered over time.

#### The Final Touches

Adding mementos from your experience make your scrapbook complete. These can be small items like your old house key or a ticket to a ball game you went to after settling in. Use the markers to decorate your book pages. Borders and backgrounds are fun to add and make your story come alive. You also can paste each page onto construction paper or colored poster board to make your book more durable.

#### Binding Your Book

There are a number of ways to bind the scrapbook. One easy way is to use a three-ring binder and punch corresponding holes into the pages you've created. Another way is to punch two holes along the left-hand side of each sheet and bind the pages together using paper fasteners or ribbon.

## AFTER THE MOVE



### 10 Tips For Settling In

After the chore of packing, this is the fun part of family

moving. It's when the adventure begins for your kids in their new home and new neighborhood, as they discover all kinds of wonderful surprises. Here are tips for moving kids into the new home, making new friends and other important ways to ensure a happily-ever-after ending to your move.

1. Make a positive good-bye to the old home and community.
2. plan a welcoming ritual for your new home
3. Have everyone's "survival necessities" where you can find them immediately in the home
4. Re-establish family routines, like mealtimes and bedtimes, right away.
5. Prioritize the unpacking process.
6. Allow the kids some say in setting up their new rooms.
7. Help your children feel comfortable in their new rooms.
8. Get familiar with the new neighborhood.
9. Help your pets settle in.
10. Remember, "make new friends but keep the old."

### Here is moving advice that experts recommend for all ages :

- **Make a positive good-bye to the old home and community.**

Here's one of the best tips for family moving. Leave-taking rituals will help provide a sense of closure in your old home, which will make it easier for your kids to settle into the new home and new neighborhood. Here are ideas:

- A few weeks before you move, hold an informal get-together for close friends and neighbors to say good-bye.
- As a family, make a point of visiting favorite restaurants and other special places one more time before you leave.
- When the house or apartment is empty, take a room-by-room "memory walk" with your children. Recall birthday parties in the dining room, holiday events in the living room, stories of bringing the children home as babies – the kinds of memories every family has. Take a last stroll around the outside too.
- Compare how the house feels empty to how it felt with your belongings there. Chances are your children will get an inkling that what really makes a home is the family and your personal things – furniture, pictures, dishes, books, toys.

- **Plan a welcoming ritual for your new home.**

It can be anything that will have meaning for your children and you. For example:

- If the kids are seeing the house for the first time, do a walk-through together to "meet" your new home before your belongings fill the rooms.
- As a family, plant a tree or bush outside as a symbol that this is your home now. If it's wintertime, start something inside that you can transplant in the spring.
- Gather together to hang a family photograph or find a place for an object that is special to your family. If you've always had a swing or a bird feeder in the backyard, make an event of putting the new one up in this home.

- **Have everyone's "survival necessities" where you can find them immediately in the new home.**

That may be "blankie" for baby, favorite pj's for your preschooler, essential CD or sweatshirt for your teen, and the coffee pot for you! Pack a "must haves" suitcase or box for each family member – anything that would cause crying or raise blood pressure if it were missing in action for long. Your first days in your new home—especially that

first night and morning—will be so much more pleasant when everyone has the familiar things that make them comfortable.

- **Re-establish family routines, like mealtimes and bedtimes, right away.**  
With a move, there's a certain amount of disruption to normal schedules that you can't get around, especially if a significant amount of travel is involved. But once you've moved in, aim to get back on your normal family schedule as quickly as possible. This will help younger children, in particular, who need more consistency. It also sends the important message to all members that you are the same family, just in a new setting. The old rules, routines and rituals still apply.
- **Prioritize the unpacking process.**  
You didn't pack in a day, so don't try to unpack in one either. Make your first priority setting up the kids' rooms to help get them comfortable. Put the kitchen, bathroom(s), family room and other high-use rooms at the top of the list. Don't obsess over hanging pictures or other decorations right away. Take time to enjoy getting to know your new home and the wonderful discoveries you and your kids will make about it.
- **Allow the kids some say in setting up their bedrooms.**  
This is truly their space in the new home, so let them claim it. Of course, age will depend on how much control they have. At the least, let them decide where their bed goes in the room. If there's a budget for new furnishings, let them help select the new rug or bedspread.
- **Help your children feel comfortable in their new rooms.**  
Some children have problems sleeping in a new bedroom. It is unfamiliar to them and can become a symbol of any anxieties they feel about the move. Take time to talk about how this room is similar to the child's old room and how it's different. Pay special attention to furnishings and belongings that were in the old room to encourage a sense of familiarity. Recall things about the old room that your child didn't like, such as rattling windows or weird shadows. Help your child discover the good things about this new room. To make a game of it, print out the [Getting Active in the Neighborhood activities](#) on the site.
- **Get familiar with the new neighborhood.**  
This is important for comfort and safety. You want your kids to know as quickly as possible the boundaries of where they can go and where they can't venture beyond. Taking walks together is the best way to uncover the exciting surprises that await in the new neighborhood.  
Help your pets settle in. Your kids will feel more comfortable when they see that their four-legged friends are doing okay. Cats do best when you confine them to one room in the new home. Give them opportunities to explore further but don't push. As they feel comfortable, they'll expand their territory. Keep dogs on a leash until they get to know the neighborhood. In general, don't let cats or dogs roam immediately. The last way you want to meet the neighbors is through a door-to-door search for Fido or Fluffy!
- **Remember, "make new friends but keep the old."**  
Be active in helping your children make friends in your new community. At the same time, support their need to hold onto their old friends. They will appreciate having these familiar confidantes for sharing their new experiences and discoveries.

#### **Meeting new friends:**

- With colleagues from work or new families you meet, set up play dates for younger children to get to know each other.
- Find activities for your school-age children to join, such as sports teams, clubs, lessons and classes. Meeting kids with the same interests increases the odds of going beyond acquaintance to friend.
- Take the initiative and introduce yourself to the neighbors. Your kids' first new friends may literally be living next door. A meet-and-greet can help get those friendships

underway.

**Staying in touch with the old:**

- Pre-paid phone cards can keep calls to old friends from breaking the budget.
- Make plans for an upcoming visit—whether in the new neighborhood or the old.

**Getting Active in the New Neighborhood**

Here's a riddle: What's something kids love to collect but doesn't take up space in their room? Trivia! If your kids are like most, they're fascinated by factoids and offbeat information. So why not make a trivia game of exploring the new town?

You'll help get your kids focused and interested in their new community with this moving game. It will encourage them to dig into the past, get a reading on the present, observe, talk to new friends and neighbors, and rev up their imaginations too. Print out these simple suggestions for creating "The Ultimate Trivia Guide" to your new community to share with your children (great for younger kids as well as teens).

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What will kids need for this project? They can create the guide on the family computer or using paper and markers. A disposable or digital camera will give them the option of adding photos. If you have a family camcorder and let your children use it, they can shoot a video guide as an alternative. Your trivia collectors also will need opportunities to gather information by observing and visiting places in the new community. But chances are, you'll be doing that anyway!



**The Ultimate Trivia Guide to Your New Community**

What's cool about your new community? Here's a fun way to find out! Create the "Ultimate Trivia Guide" to your new town. You can use it to wow your old friends with amazing factoids about your new zip code. And you'll be able to show new kids you meet that you're already in the know on your new neighborhood.

Here are 20 ideas of what to look for in this around-the-town trivia game. You don't have to include everything on this page. These are only categories to get you started. You'll also find tips on where to find the facts about your new community and how to turn it all into a "best seller."

**Trivia Topics**

- The community:**
- Famous residents

**Trivia Sources**

- Observation (your own and others)
- Web sites on your community and school

- Celebrity visitors
- Natural wonders
- Must-see sights
- Booming businesses
- Little-known facts
- Unsolved mysteries
- Claim to fame

- Brochures on local attractions
- Travel guide books that describe your community
- Local history museum
- Monuments and memorials
- Local cemeteries (for famous former residents)
- Signs and plaques
- New friends and neighbors who've lived here a while
- Local library and newspapers

#### **Local teen scene:**

- Music
- Fashion
- Sports
- Entertainment
- Sayings
- Food
- Cars

#### **Your new school:**

- Alumni athlete who made it to pro
- Local band that made it big
- Academic awards
- Team records
- Cool places teams or clubs travel to

#### **Putting Your Guide Together**

Choose your topics, get your answers and then decide to how to "publish" your guide. If you use your computer, it will be easier to e-mail to old and new friends. Your guide can be a simple listing of fascinating facts you've learned. You can use the headings like "Must-See Sights" and "Natural Wonders" to break your guide up into chapters.

Add some photos (prints, digital or scanned images) to the pages too. A picture is worth a thousand words when you show your first celebrity sighting of the town's most-famous resident; the sign that says your community is the \_\_\_\_\_ CAPITAL OF THE WORLD; the house that's said to be haunted; or the awesome mountain or lake outside your front door!

Think about creating the "Ultimate Trivia" slide show on your computer, with photos, fascinating facts and music. Or grab the family camcorder and take your audience on the "Ultimate Trivia Guided Tour" of your new community, explaining what's incredible about each stop you make.

What else can you do? It's up to you! Just have fun getting to know your new community. Then treat your family and friends (and your parent's CENTURY 21 representative, too) to your creative genius

## WHAT TO EXPECT

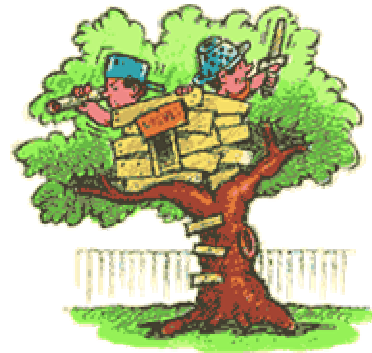
### Before, during and after the move :

#### What to Expect in Your Kids' Behavior

As you prepare your children for a move, expect a range of behavior and emotions. Your children may respond to the idea of moving with excitement, curiosity, sadness, anxiety or anger. They may have different emotions at different times in the move process. It's all natural! Moving is an emotional event. There will be ups and downs on the path ahead to your new home and community.

Chances are you also feel a mix of emotions. It will help your children to let them know you understand how they feel. It can reinforce the sense of togetherness that will help you all come out of the move as a stronger family team.

Awareness of what your kids are going through—particularly issues that require their best coping skills and yours—and normal behavior and emotions that come with moving will support a smooth move for all of you. Here is guidance on what to expect from your **younger children** (up to age 9) and your **pre-teens and teens** (age 10 and up).



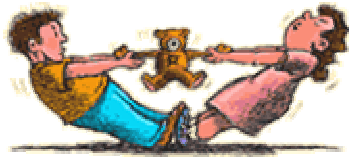
#### What to expect from Younger Children

Moving affects children's behavior and emotions. A move represents change, which creates issues for every age. Younger children need more routine, so throughout the move period, aim to keep mealtimes and bedtimes normal. Even as familiar surroundings morph into a mountain of boxes, if breakfast can still start with cereal in a favorite bowl and bedtime is still a ritual of tooth-brushing and story-reading, your kids will cope better than you might expect.

Younger kids in the family are likely to be the most eager members of the move team. You'll see more positive emotions and behavior associated with moving. They also will welcome the chance to assist with the planning, list-making and packing. Let them help by assigning tasks you know they can handle. Moving will trigger anxiety, too, so keep these points in mind:

#### Moving Emotions...

- **Excitement** : Give them age-appropriate move tasks to sustain it.
- **Curiosity** : Share Children's books on moving to give them an idea of what's ahead.
- **Anxiety** : Reassure with children's books that focus on feelings sparked by a move.
- **Sadness** : Help them say good-bye and stay in touch with important people
- **Disappointment or Anger** : Monitor their expectations to keep them in line with reality.



## Younger Children

### Before The Move

- Preschoolers are egocentric. When you show stress at the inevitable snafus with a move, they may think it is something they did. Be mindful of your reactions around them and give them extra reassurance.
- Even in their excitement, school-age children will feel sadness at leaving familiar friends, schools and activities. Help them with concrete ways to make the here-to-there transition. For example, scout out activities in the new community they can get involved in.
- The unknown increases anxiety. Sharing children's picture books about moving is a great way to prepare kids for what's ahead and voice the range of feelings they may have. Check Resources for recommended books to read together.

### During the Move

- Saying good-bye to favorite places, people—even to the home itself—is important for this age. Preschoolers may need help in understanding that their same friends and neighbors will not be in the new place. See Ten Tips for parting rituals to plan
- The actual packing-up process may be emotionally trying for preschoolers, as they see furniture and favorite objects disappear into boxes. Aim to pack preschoolers' belongings as late in the move schedule as possible. Reassure them that their belongings are going to the new house.
- Moving is tough on pets. For a child who is attached to the family cat, dog or bird, the pet's discomfort can heighten the child's anxiety. Check Resources for information on moving with pets. Share with your child how the pet may react to

### After the Move

- Be prepared to re-teach household rules to toddlers in the new home, like not touching what is hot.
- More than ever, monitor your children's moods. Kids can have trouble sleeping in an unfamiliar room after a move. They can be teary or cranky. When children have seemed excited about a move, the change in attitude can be alarming. But it's not unusual. Give them time and be sensitive to their feelings. It won't be long and they'll make exciting surprises and new friends that will have them smiling again!
- Prolonged upset after a move shouldn't be ignored. Unusual problems with schoolwork or peers, or changes in sleeping or eating patterns that don't get better are signs that your child may need extra support in adjusting to the move.

lessen unhappy surprises.

## More Moving Resources

If you're looking for more guidance in planning your move, a good next stop is your local bookstore. There are plenty of moving books for adults and kids' moving resources too. To help you wade through the options, check the listings of recommended titles.

What else will you find here? Books on moving with pets are few, but the Web offers some helpful sites by respected sources to get your search underway.

Remember too that there are professionals you know who can be invaluable resources right now. We wrap up with some reminders. Chances are you'll think of more!

- **Guidebooks for Planning Your Family Move**
- Books for Kids (teens and younger)
- Online Help with Moving Pets
- People Resources a Phone Call or Visit Away



### Guidebooks for Planning Your Family Move

- **Smart Moves: Your Guide to Getting Through the Emotional Maze of Relocation** by Nadia Jensen, Ed.D., Audrey McCollum, M.S.W. and Stuart Copans, M.D. (\$16.95 paperback). An educator, a social worker and a medical doctor offer help with getting-ready, moving and arriving issues for kids and teens.

- *Smooth Moves* by Ellen Carlisle (\$12.95 paperback). Chapters on moving young children and moving teens highlight this highly rated how-to guidebook.

- **Move It: A Guide to Relocating Family, Pets and Plants** by Nan DeVincentis Hayes, et al. (\$11.95 paperback). General but wide-ranging advice on planning a move for all family members—including the furry ones!

### Moving Books for Kids Teens

- **Footsteps Around the World: Relocation Tips for Teens** (Second Edition) by Beverly Roman, illustrated by Michael Cadieux (\$13.95 paperback, spiral bound). Checklists and other to-do features help teens address feelings about a move, getting organized, choosing a new school and making friends.

### Children's Picture Books

- *"Why Do We Have to Move?" Helping Your Child Adjust—with Love and Illustrations* by Cynthia MacGregor, illustrations by David Clark (\$14.95 hardcover). Despite the subtitle, this is written to children, with humorous illustrations and an honest assessment of what can be tough about a move but what's great about one too.

### Moving Day

- *The Berenstain Bears' Moving Day* by Stan & Jan Berenstain (\$3.25 paperback). The familiar

bear family moves from a cave in the mountains to a tree house in the valley, and young readers go with them every step—from Papa making the big announcement to Brother snuggled into his new bedroom.

- *Goodbye House* by Frank Asch (\$5.99 paperback). A good choice for very young fans of Asch's other Bear books. On Moving Day, Baby Bear and his family remember times together as they walk through their now empty house. This story illustrates the benefits of planning a goodbye ritual at your old home.

### **Moving with Pets**

- *Annabelle's Big Move*, written and illustrated by Carla Golembe (\$14 hardcover). Annabelle is the family dog and this two-stories-in-one is told from her point of view. She wonders what's happening as the family packs up its belongings, sends her off at the airport and meets her in a strange new place. In the second story, Annabelle likes her new home, but she is lonely. The child in the family, Miranda, helps her meet new puppy pals. This is a good choice for helping children understand the strangeness of a move for the family pet and for talking about their own feelings too.

- *What About My Goldfish?* by Pamela Greenwood, illustrated by Jennifer Plecas (\$14.95 hardcover). Jamie doesn't want to move because he's worried about how his dog and goldfish will do. In the new house, he's still worried that they are unhappy. He devises a plan that involves making new friends, for his pets and himself.

### **Making New Friends**

- *Who Will Be My Friends?* by Syd Hoff (\$3.99 paperback). The author of *Danny and the Dinosaur* introduces Freddy, who has moved into a new house and now wonders how to find new friends. Rest assured, he does!
- *Why Did We Have to Move Here?* by Sally J.K. Davies (\$15.95 hardcover). Peter is miserable in his new house and at his new school, where the year has already started and he's the new kid. But it's not long before he discovers that there are great surprises and new friends to be found in a new place too.
- *Will I Have a Friend?* by Miriam Cohen, illustrated by Lillian Hoban (\$4.99 paperback). Two respected children's authors have collaborated on this gentle story about a young child's questions as Dad takes him for his first day in kindergarten in a new school.

### **Online Help with Moving Pets**

- American Humane Society Web site  
Tips on moving pets written to children. Share it with your family's Pet Project Manager.
- American Veterinary Medical Association Web site for animals/animated journeys Your child will enjoy visiting this site and taking the Animated Journeys to visit the "Living With Your Pet" section, where you can access information on "Traveling With Your Pet." You'll find guidance on traveling by air, car, train or bus with your pet from the old home to the new.
- If you are moving to another state with a pet, this local site includes a time-saving listing of agencies by state to contact for checking on pet-entry laws and regulations. The page also offers tips for moving pets, including "pet peeves."

### **People Resources a Phone Call or Visit Away**

- Your family pediatrician—for answering specific questions or concerns about how your kids are responding to the move; for advice on finding a new pediatrician or specialist in your new community; for collecting health records when it's time to move.
- Your pet's veterinarian—for advice on what to expect in behavior changes during and after the move; best ways to transport your pet to the new community, including whether to sedate your pet; plus getting health records and recommendations for vets in the new community.
- Your family dentist—for referrals in the new community, including orthodontists if you have a pre-teen with or who needs braces; and gathering records.
- Your Century 21 representative—for all kinds of information and advice on your new community.



### 10 Tips For Settling In

After the chore of packing,

this is the fun part of family moving. It's when the adventure begins for your kids in their new home and new neighborhood, as they discover all kinds of wonderful surprises. Here are tips for moving kids into the new home, making new friends and other important ways to ensure a happily-ever-after ending to your move.

1. Make a positive good-bye to the old home and community.
2. plan a welcoming ritual for your new home
3. Have everyone's "survival necessities" where you can find them immediately in the home
4. Re-establish family routines, like mealtimes and bedtimes, right away.
5. Prioritize the unpacking process.
6. Allow the kids some say in setting up their new rooms.
7. Help your children feel comfortable in their new rooms.
8. Get familiar with the new neighborhood.
9. Help your pets settle in.
10. Remember, "make new friends but keep the old."

### Here is moving advice that experts recommend for all ages :

- **Make a positive good-bye to the old home and community.**

Here's one of the best tips for family moving. Leave-taking rituals will help provide a sense of closure in your old home, which will make it easier for your kids to settle into the new home and new neighborhood. Here are ideas:

- A few weeks before you move, hold an informal get-together for close friends and neighbors to say good-bye.
- As a family, make a point of visiting favorite restaurants and other special places one more time before you leave.
- When the house or apartment is empty, take a room-by-room "memory walk" with your children. Recall birthday parties in the dining room, holiday events in the living room, stories of bringing the children home as babies – the kinds of memories every family has. Take a last stroll around the outside too.
- Compare how the house feels empty to how it felt with your belongings there.

Chances are your children will get an inkling that what really makes a home is the family and your personal things – furniture, pictures, dishes, books, toys.

- **Plan a welcoming ritual for your new home.**

It can be anything that will have meaning for your children and you. For example:

- If the kids are seeing the house for the first time, do a walk-through together to "meet" your new home before your belongings fill the rooms.
- As a family, plant a tree or bush outside as a symbol that this is your home now. If it's wintertime, start something inside that you can transplant in the spring.
- Gather together to hang a family photograph or find a place for an object that is special to your family. If you've always had a swing or a bird feeder in the backyard, make an event of putting the new one up in this home.

- **Have everyone's "survival necessities" where you can find them immediately in the new home.**

That may be "blankie" for baby, favorite pj's for your preschooler, essential CD or sweatshirt for your teen, and the coffee pot for you! Pack a "must haves" suitcase or box for each family member – anything that would cause crying or raise blood pressure if it were missing in action for long. Your first days in your new home—especially that

first night and morning—will be so much more pleasant when everyone has the familiar things that make them comfortable.

- **Re-establish family routines, like mealtimes and bedtimes, right away.**  
With a move, there's a certain amount of disruption to normal schedules that you can't get around, especially if a significant amount of travel is involved. But once you've moved in, aim to get back on your normal family schedule as quickly as possible. This will help younger children, in particular, who need more consistency. It also sends the important message to all members that you are the same family, just in a new setting. The old rules, routines and rituals still apply.
- **Prioritize the unpacking process.**  
You didn't pack in a day, so don't try to unpack in one either. Make your first priority setting up the kids' rooms to help get them comfortable. Put the kitchen, bathroom(s), family room and other high-use rooms at the top of the list. Don't obsess over hanging pictures or other decorations right away. Take time to enjoy getting to know your new home and the wonderful discoveries you and your kids will make about it.
- **Allow the kids some say in setting up their bedrooms.**  
This is truly their space in the new home, so let them claim it. Of course, age will depend on how much control they have. At the least, let them decide where their bed goes in the room. If there's a budget for new furnishings, let them help select the new rug or bedspread.
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## COMMUNITY TRIVIA

### Getting Active in the New Neighborhood

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