



TRUSTED TO MOVE

Ultimate Checklist for Moving with Kids: Stress-Free Relocation Tips

Pre-Move Planning: 4-8 Weeks Before

1. **Involve Kids in the Process:** Explain the move in age-appropriate terms. For toddlers, use storybooks about moving; for older kids, let them research the new area online. This helps them feel included and less scared.
2. **Research Child-Friendly Resources:** Look up schools, pediatricians, parks, and activities in your new location. Enroll kids in school early and transfer records. Chasing Moving can provide destination guides for major US cities.
3. **Create a Family Move Calendar:** Mark key dates like packing days, moving day, and fun stops during travel. Include kid-specific events, like a "goodbye party" for friends.
4. **Declutter Together:** Turn sorting toys and clothes into a game. Donate outgrown items to charity—teach kids about giving back.

Packing Phase: 2-4 Weeks Before

1. **Pack Kids' Rooms Last:** Keep their spaces familiar as long as possible. Pack non-essentials first, like seasonal clothes.
2. **Label Boxes Clearly:** Use colorful stickers or drawings for kids' items (e.g., "Toys" with a toy icon). Let children decorate their boxes to make it fun.
3. **Prepare Essentials Kits:** Pack a "first-night" box per child with pajamas, favorite toys, snacks, and comfort items. For travel, have a backpack with books, games, and chargers.
4. **Handle Special Needs:** If your child has allergies, medications, or routines, pack these securely and keep copies of medical records handy.

Moving Day: The Big Day

1. **Arrange Childcare if Possible:** Hire a sitter or enlist family to watch kids during loading. If not, set up a safe play area away from the action.
2. **Stick to Routines:** Maintain meal and nap times. Pack healthy snacks and water to keep energy levels stable.

3. **Make It an Adventure:** Play moving-themed games or listen to audiobooks during travel. For long drives, plan kid-friendly stops like playgrounds.
4. **Safety First:** Ensure car seats are properly installed and kids are supervised. Chasing Moving's professional teams handle the heavy lifting, so you can focus on family.

Post-Move Settling: First Week After

1. **Unpack Kids' Rooms First:** Set up beds, toys, and familiar decor to create a sense of home.
2. **Explore the New Neighborhood:** Visit local parks, libraries, or ice cream shops together to build positive associations.
3. **Reestablish Routines:** Enroll in activities or school promptly. Watch for signs of adjustment issues, like mood changes, and offer extra reassurance.
4. **Seek Support:** Join local parent groups or online forums for moving families. If needed, consult a child psychologist for relocation stress.

Additional Tips for Families

- **Age-Specific Strategies:** Babies need consistent sleep schedules; teens might want input on room setups.
- **Pet Considerations:** If moving with pets, prepare kids for any temporary separations.
- **Budget for Extras:** Factor in costs for new school supplies or comfort treats.
- **Professional Help:** Enlist experts like Chasing Moving for packing and transport—we offer family-focused services to ease the load.

With this checklist, your family's move can be memorable for the right reasons. Founded by Larry Hughes in 2009, Chasing Moving is your partner for reliable intra-US relocations. Contact us today for a free quote and personalized support!

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