

ABC Helping Kids Move

So you're moving to a new home and a new place; you may hate the idea or you may be excited to try something new. Moving may be a difficult time, but remember you are not alone. There are many other kids, just like you, moving too. Over 10 million kids move each year to another, city, state or country.

You may be moving because your mom or dad got a new job, because your parents simply wanted a change of scenery or to be closer to loved ones. Whatever the reason, moving can be a big change in your life.

This is an exciting time, but can be scary as well. You'll be in a new home, making new friends and going to a new school. It's difficult to say good-bye to people you love, but there are fun people everywhere you go. Moving is really an adventure! This guide is filled with tips to help you prepare for your big move.

BEFORE THE MOVE:

Moving can be a difficult and confusing time. You may be feeling a lot of different emotions right now: sadness, anger, excitement and maybe fear. Remember that it's OK to feel these things.

Getting ready to move:

If you are upset about the move, talk to your friends, neighbors, teachers and parents about it. Or you can talk to someone who has moved recently because they might have great advice too. If you are thrilled about the move, tell your friends and family and let them know how excited you are.



A great way to express your feelings is to write them down. Start a journal! You can write in it daily, weekly or whenever you have a new thought. It's a good way to keep track of your feelings before, during and after your move. Then, one day you can look back on it and see how much you've changed.

Saying Good-bye

Moving can be hard because you have to say good-bye to friends you've made. But, moving doesn't mean you'll never talk to them again. Make a list of who you want to say good-bye to and ask your mom or dad to take you to see them. Be sure to bring pen and paper to write down their phone number, address and email address so you can keep in touch.

A great way to say good-bye is to have a going-away party. Ask your parents for permission and if they say yes, start planning! Invite your friends and family and make sure you have a camera or video to capture the memories.

LEARNING ABOUT YOUR NEW HOME

Prepare for your big move by learning as much as you can about the place you're moving to. It's easier for you to transition to your new home when you know more about it.

Your New Home:

You should try and visit your new home so that you can imagine yourself there. Ask your parents to take you to see it.

Pick out the room you want and think of ideas of how you want to decorate it. While you're there sketch a floor plan of your new room. Draw in where your bed will be and decorations you want to put up.

Your New School

Ask your parents about your new school and ask for the address. Write your principal and see if you can have a pen-pal.

Your pen-pal can tell you all about the school and activities. When you get to the school, you'll already have a friend who can show you their favorite places and things to do in your new city.



Your New City

A great way to get to know your new city is by getting on the Internet with your parents.

Look for pictures and fun facts about the city. Check the local newspaper to see the latest news and look for the calendar of events. You and your parents should pick an event to attend that will help familiarize you with the city.

PACKING

It's time to pack your things and it may seem overwhelming. But, it's easy when you take it step-by-step and stay organized. The more organized you are, the easier it will be to unpack.

Get Organized:

First, start by making a list of things you'll need to help you pack. You will need boxes, newspaper or tissue paper, packing tape, trash bags, and markers for labeling. Ask your parents where to get these materials.

Next, you should go through your things and sort them out between the things you really need and things you don't. An easy way to do this is have label a box GIVE-AWAY and TRASH on another box, that way you can sort while you pack. Good things to give-away



are clothes that don't fit anymore and toys you don't play with anymore. Before you give your things away, make sure your parents are O.K. with it. Then, you can go with your parents to donate your old things to a local charity.

Packing:

As you're packing, make sure to keep these tips in mind:

- Wrap fragile items in newspaper or tissue paper and don't forget to label the box FRAGILE
- Place heavier items on the bottom and lighter things on top
- Stuff extra newspaper in open spaces in the box to keep objects from moving around
- Make sure your tape is on securely on all sides
- Label your boxes on the side, not the top since boxes will be stacked

Once you're all done, set the boxes aside and ask your parents if they need help. Soon, you and your family will be ready to go to your new home.

Also, don't forget to pack a personal bag with you. Pack this bag with things you'll need right away. You'll need your toothbrush, pajamas and maybe a favorite toy or book you'd like to have with you. Be sure to ask your parents if you'll need anything else.

Moving Day

Now you've got your things packed and your personal bag ready to go. But, there are still a lot of things to do: cleaning, last minute packing, loading the truck and trying not to forget things.

This can be a stressful time for your family and they'll need your understanding and support. Offer your help on last-minute chores or packing. You can help sweep the floors, vacuum, take out the trash and search for forgotten items. Doing these will make things easier on your parents.

SETTLING IN:

Congratulations! You've made it to your new home.

Inside Your New Home:

You've made it through packing and moving; now you can look forward to setting up your new room and exploring your new neighborhood.

Don't forget to write in your journal how you feel this day and things you are looking forward to.

You've got a new address! Don't forget to memorize it and your new phone number.

Take a walk around the new house and find your bedroom. Ask your parents to help you move your belongings into the room.

Start by moving the biggest pieces of furniture first, such as your bed, bookshelf and desk. Then you can unpack your smaller things, like clothes, books and toys. Remember to unpack your personal bag so you have your favorite things nearby.

Once you're all done with your room, have your parents take a photo of you in your room. Send this with a letter to your friends and family to let them know how your move went.

Congratulations! You made it and you did a great job!

