

HELPFUL  
**TIPS** FOR  
MOVING  
WITH  
CHILDREN



# TIPS



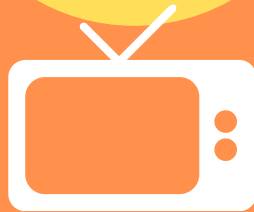
Prepare a visual calendar to show things like the last day of school, pack and load days, airport day, hotel stay, new house day, etc. You child can cross it off, count down the days and know what to expect.



Remember to validate all of your child's feelings, which will likely be a mix of happy, sad, anxious, worried, and excited.



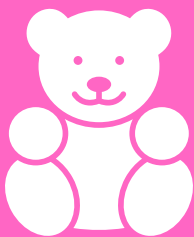
Make a "move book" showing photos of your current house and favourite places and memories. Create a section for your new location, including your new house, local parks, school, and things to look forward to when you move.



Watch a few shows or movies from the place you are moving to. For example, if you're moving to the UK, watch the original Peppa Pig or if you're moving to Australia, try watching Bluey.



Reassure your child that everything will be packed and moved into their new room. Talk them through the journey their things will take from their room to the truck, to the boat, to a train and then another truck to your house. Make sea container arrival day a BIG event.



Remember to pack the favourite toy or teddy in your suitcase and books/crafts/stickers/markers for the plane.



**BRING. ALL. THE. SNACKS!**  
Never underestimate the power of a lollipop.

Make the  
ipad a TREAT!



Download favourite shows, books on kindle and purchase child-friendly headphones.



# LINKS AND RESOURCES



## BOOKS



**MY VERY EXCITING, SORTA SCARY, BIG MOVE: A WORKBOOK FOR CHILDREN**  
[GET IT ON AMAZON](#)



**NO WORRIES ACTIVITY BOOK**  
[GET IT ON AMAZON](#)



**ACTIVITIES TO HELP KIDS ON THEIR JOURNEY WITH SUPERHEROES BOBBI AND PERI.**  
[FREE DOWNLOAD AT CFMWS.COM](#)

## APPS



**RESOURCES FOR MILITARY FAMILIES - ENGAGING VIDEOS, ARTICLES, STORIES, PARENT GUIDES, AND MORE**

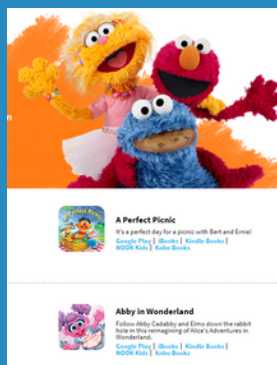
[GET IT ON GOOGLE PLAY](#)



**APP FOR FAMILIES COPING WITH A RECENT OR PENDING MOVE, TO HELP YOUR CHILD WITH EXPECTATIONS.**

[GET IT ON GOOGLE PLAY](#)

## EBOOKS



**FUN AND EDUCATIONAL EBOOKS TO HAVE ON YOUR TABLET OR CELLPHONE AT THE AIRPORT**

[SESAME STREET.APPS](#)