



### Help Them Say Good-bye

Give them an opportunity to see their friends and family before leaving. Help them exchange addresses, phone numbers, and email addresses to keep in touch. Take them to their favorite places one last time and take lots of pictures. Remind them that they can visit and that nothing is forever. If animals are being left behind, assure your child that the pets are excited about their new home too. Reassure them that they will be well cared for and loved. Let them leave something with the pet to “remember them by” such as a toy or stuffed animal with their scent on it. This will also help to ease the pet’s anxiety as they adapt to their new environment.



### No Toy Left Behind

#### 6 Tips for Packing Your Child’s Most Valuable Possessions

1. Pack when they aren’t there so you can set aside toys that are broken, outgrown, or forgotten. It doesn’t matter how neglected a toy has been, if they see it going into the donation bag, they’ll suddenly be unable to live without it.
2. Leave out lovies or security blankets for the trip. Make sure they are labeled with a name, address and phone number in case they get lost in the airport!
3. Leave out a small collection of favorites to keep the child entertained until the move.
4. Tape toy bin lids down to avoid them opening in transit.
5. Mark boxes containing toys clearly so they can be located quickly at the new house.
6. Pack all crayons inside Ziploc bags in case they melt.

Sasha Miletic, Broker

REMAX Preferred Realty Ltd., Brokerage  
Independently Owned and Operated

6505 Tecumseh Road East  
Windsor, Ontario N8T 1E7  
519.962.9150 (direct)  
519.944.5955 (office)  
519.790.0110 (fax)  
info@SashaMiletic.com

For a **FREE** Over-The-Net Home Evaluation, visit:  
[www.SashaMiletic.com](http://www.SashaMiletic.com)

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# MOVING WITH CHILDREN



## How to Make Your Move a Happy One



# Moving with Children

## *How to Make Your Move a Happy One*

**T**hough resilient by nature, most children react to the news of a move with fear and trepidation. Children often develop emotional attachments to familiar places and things. A move threatens to upend this balance of warmth and familiarity, making for an emotionally stressful and scary time.

To help your child through, talk to them and show them they have nothing to fear. By answering all of their questions and remaining upbeat, you can turn it into an exciting and memorable time.

### Keep Your Emotions in Check

Children look to parents when deciding how they should react. If this move is an emotional one for you, try to save your sad times for when your child is in bed. Stay positive when discussing the move with them and focus on the fun and exciting aspects. By putting on a happy face for your kid, you may see your own feelings improve.

### Make it an Adventure

Every child loves an adventure. Turn your move into an adventure by creating a “Moving Log” that plots your move from packing to unpacking. Take pictures, print out maps, and do lots of day

dreaming. Make even mundane tasks exciting. Give your child a box of crayons and ask them to decorate the boxes while you fill them. Circle the moving date on your calendar and count down the days together. Talk about how you’ll get to your new home, and the games you’ll play along the way. Let them choose one “moving buddy” like a favorite animal or toy. Then give your child a laugh by including the moving buddy in all the travel plans.

#### *Fun Movies to Watch While Packing:*

##### *Toy Story – Disney-Pixar*

*As Andy’s toys prepare for a move, Buzz and Woody get lost. Will they make it home before the moving van leaves?*

##### *Bolt – Disney*

*Bolt doesn’t realize that he’s just an actor. He thinks he really is a super dog with super abilities, and blames Styrofoam packing peanuts for his sudden loss of powers.*

### Let Them Help

Make a moving check list. Let them check off tasks as you accomplish them.



Use a color coding system for boxes and let them put the colored tape on according to the box’s destination. (Green for kitchen, red for child’s room, etc.) Map out the trip together and ask for their help in packing games, books, movies and goodies for the journey.

### Research Your Destination Together

Get them excited about their new home by researching it together. Go to the library or online to look at pictures

and read about the climate, wildlife, geography, and culture. Find three fun places to visit once you get there like the zoo, a hiking trail or the beach.



### New Room

Get them excited about their new room by letting them pick out paint. Show them pictures of the house if they have not already seen it and talk about what they can see out their window. Ask them where they’ll want to put their bed and where they should put their toys? This will keep them focused on what’s ahead instead of what they’re leaving behind.

