

Family Moving Checklist



Preparing Children Emotionally

Discuss the move early using age-appropriate language so children understand what will happen and when. Involve them in simple decisions, such as choosing room colors or packing a special box, to give them a sense of control and excitement.

School and Medical Planning

Arrange school record transfers well in advance, including report cards, test results, and special education documentation if applicable. Request copies of medical and dental records, prescriptions, and vaccination histories to ensure uninterrupted care after the move.

Moving Day Essentials

Create a dedicated “kids’ essentials” box that stays with parents during travel, including comfort items, snacks, clothes, and basic toiletries. Keeping familiar objects close by helps children feel secure during the most hectic stages of moving.

Parent Action Checklist

Use this numbered list to stay organized before, during, and after the move:

1. Talk with children about the move and answer their questions honestly
2. Notify schools and arrange record transfers and enrollment dates
3. Schedule medical checkups and gather all health documentation
4. Pack a clearly labeled essentials box for each child
5. Plan kid-friendly activities for travel and the first days in the new home

Settling into the New Home

Maintain familiar routines such as meal times and bedtime rituals to give children stability in a new environment. Explore the neighborhood together, visiting parks, schools, and community spaces so kids can adjust and start building new connections.



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