

# A Moving Experience

Luckily, most preschool children adapt well to moving, however, relocating can be stressful even under the best circumstances. Here are some tips for a “smooth move”.

## Manage Moving Moods

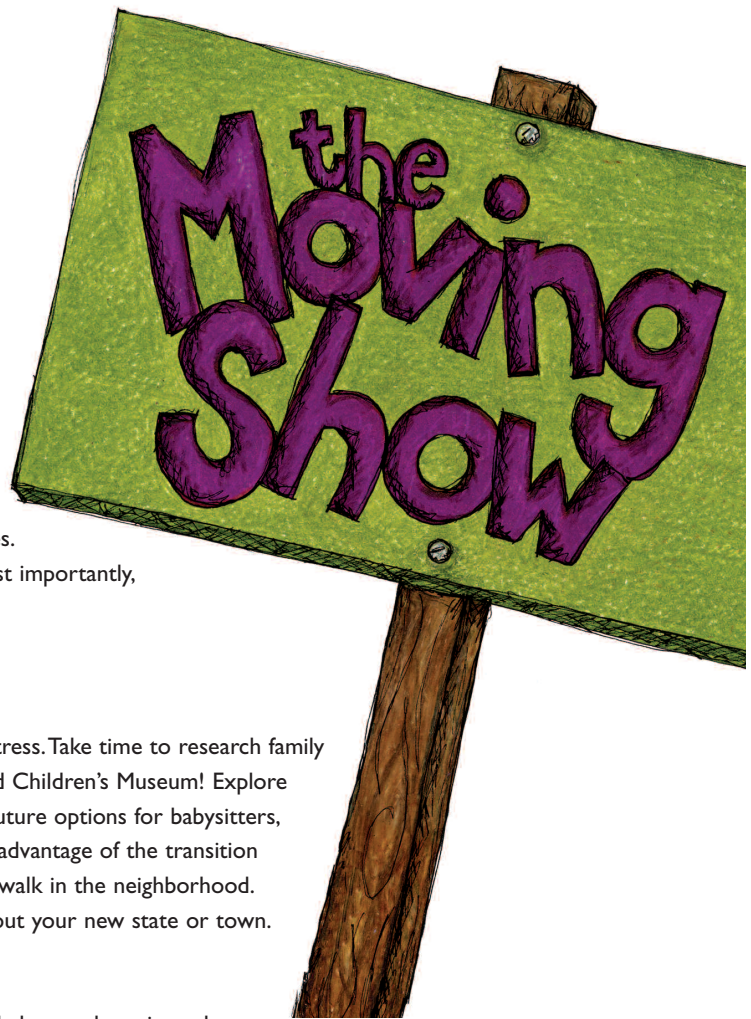
Give your preschooler simple information about the move, but not until the move is definite. Kids absorb emotional cues from caregivers, so model optimism and excitement about moving. However, avoid glossing over any family member’s natural feelings of sadness or loss at leaving familiar people and places. Reassure your child that the move will be positive for the family. Most importantly, remind children “Home is where the Heart is” and no matter where the family lives, they will always be loved and cared for.

## Plan Ahead

Start early with sorting, packing, and cleaning to avoid unnecessary stress. Take time to research family resources in your new location. Locate your nearest library, park, and Children’s Museum! Explore your new region’s culinary specialties or cultural events. Investigate future options for babysitters, daycare, or schools. If you are moving near your current home, take advantage of the transition time to visit your new home with your child and play in the yard or walk in the neighborhood. If the move is far away, use your local library to check out books about your new state or town.

## Bestow Control

Give your child some power over the moving process. Let your child choose the paint color for her room, select flowers for the garden, or decide where a picture should hang. Ask her to select some toys, and keep them in a bag or box accessible during the moving process for her entertainment and comfort. Act out moving scenarios with toy trucks, pack small boxes together, or read books that discuss moving. Reassure your child that packed items will move with you. Resist discarding items behind your child’s back, as doing so can create feelings of loss or mistrust. Instead, help her select toys to give away.



## Timing is Everything

Keep a regular schedule (as much as possible) with naps, mealtimes, and family time. Most children function best with a regular routine, so moving can be very disruptive. Avoid weaning, toilet training, or changing to a new bed during the move. If possible, keep familiar furnishings around initially, especially items your child uses daily such as bedroom furniture or a favorite story time chair.



## Books for Grownups

- Moving with Kids: 25 Ways to Ease Your Family’s Transition*  
Lori Collins Burgan
- How to Survive A Move: by Hundreds of Happy People Who Did*  
Kazz Regelman
- Why Do We Have to Move?: Helping Your Child Adjust*  
Cynthia MacGregor

## Sources:

- <http://www.nccc.org/Child.Dev/movenew.html>
- <http://www.kidshealth.org/parent/positive/talk/move.html>
- [http://www.aboutourkids.org/articles/when\\_families\\_move\\_helping\\_children\\_adjust](http://www.aboutourkids.org/articles/when_families_move_helping_children_adjust)
- <http://www.buzzle.com/articles/relocation-helping-your-children-make-the-move.html>

### Books for Kids

- Alexander, Who's Not (Do You Hear Me? I Mean It!) Going to Move*  
Voirst/Cruz
- Moving Day*  
Brandon/Yee
- The Berenstain Bears' Moving Day*  
Stan and Jan Berenstain
- We're Moving*  
Heather Maisner
- Big Ernie's New Home: A Story for Young Children Who Are Moving*  
Teresa Martin
- I'm Not Moving, Mama*  
Nancy White Carlstrom
- Moving Day*  
Robert Kalan
- A New House for Mole and Mouse*  
Harriet Ziefert
- My Best Friend Moved Away*  
Nancy Carlson
- Gila Monsters Meet You at the Airport*  
Sharmat/Barton

## Make a Memory Box!

Making a memory box is a fun activity to do even if you are not moving. Give your child materials to decorate a sturdy box. Collect or create items to remember special people and places. The memory box can also serve as a time capsule of the year you moved. Here are few ideas:

- Paintings or drawings by your child of favorite places or people
- Photographs
- An acorn, stone, or pressed leaf from your yard or park
- An article of your child's clothing, such as a spare sock
- Lists of family member "favorites": favorite books, colors, foods, games, etc.
- A note from your child's babysitter or teacher

You can also invite friends and neighbors to add items to the memory box if you wish.

## Directions to PTM's new home at Memorial Hall

Select the directions appropriate to your starting location, and then follow the bolded directions from Belmont Avenue.

### From Center City

76 West to Montgomery Drive Exit (#341)  
Turn left at the light onto Montgomery Drive  
Continue on Montgomery to Belmont Avenue  
Make a left onto Belmont Avenue

### From the West

76 East to Montgomery Drive Exit (#341)  
Make a right off the ramp onto Montgomery Drive  
Continue on Montgomery to Belmont Avenue  
Make a left onto Belmont Avenue

### From City Avenue

Take City Avenue to Belmont Avenue  
From the Expressway, turn LEFT onto Belmont  
From Wynnewood, turn RIGHT onto Belmont

### From I-95

Take I-95 North/South to I-676 West  
Follow I-676 to I-76 West  
Take 76 West to Montgomery Drive Exit (#341)  
Turn left at the light onto Montgomery Drive  
Continue on Montgomery to Belmont Avenue  
Make a left onto Belmont Avenue

### From Belmont Avenue:

Follow Belmont Avenue to Avenue of the Republic (formerly North Concourse Drive), make a left onto Avenue of the Republic (formerly North Concourse Drive)  
Follow a short distance – Memorial Hall is on the left.

