



Essential Checklist for Relocating with Children



Moving to a new home within the US is exciting but requires careful planning when children are involved. This checklist from **Meyer's Moving**, founded in **2009** by **Juan Evans**, covers steps from pre-move prep to post-arrival adjustment, ensuring a smoother family transition for local or cross-state moves.

Pre-Move Planning: Prepare Emotionally and Logistically

- **Communicate the Move:** Explain reasons age-appropriately, focusing on positives like new schools. Use books/videos for engagement.
- **Research the New Area:** Explore schools, parks, activities via photos/tours. Enroll early and transfer records.
- **Create a Family Timeline:** Calendar key dates; assign simple tasks like donating items for involvement.
- **Gather Important Documents:** Collect birth certificates, medical/school records, vaccinations. Verify interstate requirements.

Packing Phase: Maintain Routines and Comfort

- **Pack Essentials Kits:** Box per child with toys, snacks, clothes, comfort items for quick access.
- **Involve Kids in Packing:** Let them personalize boxes; pack toddlers' items during naps.
- **Secure Childcare Help:** Use sitters/family for intensive days; Meyer's Moving handles logistics to free you.
- **Address Feelings:** Watch for stress; create "memory jars" with old home photos/notes.

Moving Day: Focus on Safety and Fun

- **Plan Kid-Friendly Travel:** Pack games/snacks for drives; secure car seats, schedule breaks; choose family flights.
- **Off-Site Care Options:** Let kids stay with relatives during loading to avoid risks.
- **Coordinate with Movers:** Note child items for care; Meyer's Moving, since 2009, offers family-focused service.

Post-Move Adjustment: Help Them Settle In

- **Unpack Kids' Spaces First:** Setup bedrooms with familiar items for comfort.
- **Reestablish Routines:** Keep meal/play/bed schedules; explore neighborhood jointly.
- **Build Community Ties:** Join groups/sports; meet neighbors for friendships.
- **Monitor Emotional Health:** Give reassurance; consult locals if issues linger.

