

A Complete Moving Checklist for Parents Moving with Children

1. Start Talking About the Move Early

Children often need time to adjust to changes. Begin the conversation as soon as possible, explaining why the family is moving and what they can look forward to. Encourage them to share feelings and questions. Show photos or online maps of the new home and neighborhood to help them feel more involved.

2. Keep Favorite Routines Intact

Consistency provides comfort during big transitions. Stick to familiar sleep schedules, mealtimes, and family rituals whenever possible. If you're moving long-distance, pack a few bedtime favorites—blankets, storybooks, or toys—to maintain a sense of normalcy on the first nights in your new home.

3. Involve Children in Packing

Turn packing into a positive experience. Let older kids pack their own room or label boxes with stickers. Encourage younger ones to choose a special “travel bag” of comfort items for the moving day. This keeps them engaged and eases separation anxiety from their belongings.

4. Prepare a “First-Day” Box for the Family

Pack a clearly labeled box with essentials for the first day and night after moving. Include pajamas, toiletries, favorite snacks, basic kitchen supplies, children's medications, and a few toys. Having these items ready will prevent stress and delays while unpacking.

5. Visit or Research the New Neighborhood

Explore local parks, schools, and fun places nearby before or right after moving. Familiarizing children with their new environment helps them feel grounded and excited. If possible, show them where their new room will be and let them help decide how to decorate it.

6. Plan for Moving Day

Arrange childcare for the youngest kids if the moving day will be hectic. For older children, assign simple tasks so they can feel useful—like helping supervise their own belongings. Keep snacks, drinks, and small distractions handy during the day.

7. Help with Adjustment After the Move

After arriving, unpack the children's rooms first to create a comfortable space. Schedule visits to nearby attractions or playdates to help them meet new friends. Stay patient—adjustment takes time, but with reassurance and routine, children adapt quickly.

Contacts Jay's Moving Fort Wayne

Phone [+1 \(888\) 711-4778](tel:+18887114778)

Email info@jaysmovingfortwayne.com

Address 3029 E Minnesota St, Indianapolis, IN 46203