



Moving With Children Checklist

Helping your family navigate moving day with less stress and more confidence

Moving with kids takes extra planning and plenty of patience. This checklist will help you prepare your children emotionally and practically so that moving day is as smooth and positive as possible. Bayside Moving is here to help — call us at 850-450-9617.

Telling Your Children About the Move

- Tell your children about the move as early as possible — do not wait until the last minute
- Use age-appropriate language and give honest, simple answers to their questions
- Emphasize the exciting parts of the new home, neighborhood, and city
- Acknowledge their feelings — it is okay to feel sad, nervous, or excited all at once
- Show them photos or videos of your new home and neighborhood if possible
- Look up parks, schools, sports teams, and activities available in your new area
- Reassure them that friendships can continue through visits, video calls, and messages

Getting Children Involved

- Let each child help pack their own room and label their own boxes
- Give children age-appropriate tasks so they feel part of the process
- Let them choose a few special items to keep with them during the move
- Take photos together of your current home as a keepsake
- Plan a small farewell gathering with close friends before you leave
- Research your new school together and schedule a visit before the first day if possible
- Let children help decorate or set up their new room at the new home

Preparing for Moving Day

- Pack each child a personal backpack with comfort items, snacks, and entertainment
- Include favorite toys, books, tablets, headphones, and a change of clothes
- Pack a separate bag for the first night with pajamas, toothbrush, and stuffed animals
- Arrange childcare for younger children on moving day if at all possible
- Plan meals and snacks for the day — moving days are long and unpredictable



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- Keep the children's bedding and pillows accessible for easy setup at the new home
- Have a plan for where the kids will be while movers are loading and unloading

Moving Day With Kids

- Maintain a calm and positive attitude — children take emotional cues from parents
- Keep young children in a safe, gated area away from the moving activity
- Give older children specific helpful jobs to keep them engaged and occupied
- Take regular snack and bathroom breaks throughout the day
- Do a final walkthrough with the kids to say goodbye to your old home
- Make the drive or travel portion fun with audiobooks, games, or a special playlist

Settling In at Your New Home

- Set up the children's rooms first so they have a familiar space right away
- Let each child unpack and arrange their own room at their own pace
- Explore the new neighborhood together as a family in the first few days
- Find the nearest park, ice cream shop, or fun spot to create a first happy memory
- Enroll children in school and any extracurricular activities as soon as possible
- Connect with neighbors who have children the same age
- Establish new routines quickly — familiar structure helps children feel secure
- Be patient — it can take children several weeks to fully adjust to a new home

Ready to plan your move? Contact Bayside Moving for your free quote today.

850-450-9617 | [BaysideMovingFLA.com](https://www.BaysideMovingFLA.com)