

How to Move Home with Kids



Ideas for Clergy Families

Clergy Household Hub, Diocese of Exeter

INTRODUCTION

We know moving home isn't always easy for clergy families! There is plenty of research that shows it can be difficult but you may not know where to go for support.

We have put together this short guide for you and we hope you find it helpful.

Facebook Groups to join for advice:
Clergy Household Hub
How to Move Home with Kids

HELPFUL STRATEGIES

You may not be able to choose your house but can your child(ren) be involved in making some of the decisions involved in moving - in line with what you know about your child's age, stage and personality?

Can you give your child some time to get used to the idea of moving home and express their feelings?

Can you make plenty of time to acknowledge their feelings?

By allowing and enabling your child to express their feelings you are helping to create a connected family. Children raised in connected families have better health and wellbeing.



MAKING 'MY MOVING HOME BOOK'

You might like to create a moving story book with (or for) your child(ren) which explains some of the key features of moving home. Explaining what will happen at the different stages of the move can help to allay children's fears about the moving process. It can also help them to discuss and process any sense of loss they may feel at leaving their current home and environment.

You can take photos of your current home, the people and places that your child likes and is familiar with. Then do the same in the new location and put them in a moving story book prior to moving.

You can write or draw what will happen in the run-up to your move, on moving day and the few days afterwards. This can help children to become accustomed to what will actually happen and what moving home involves for them, as well as what their new home and location looks like.

You can add photos of people who will continue to be in your child's life after they have moved, and new people/places you might already know in your new location.



MAKING 'MY LIFE BOOK'

Take photos/draw pictures of the main people and places in your child's life in your current home and location. Your child may like to contribute or add to their my life book. You might like to ask people to write messages in the book. The book becomes a record of the home, people and places that you are moving away from that you can look at frequently during the moving process.

There are likely to be some things that will stay the same after moving. It can be reassuring for children to know this and have their book to look at. Write/draw in the book people they will still see, belongings they will still have, places they can still visit etc., so that there are past, present and future aspects to their my life book.



VISITING THE NEW PLACE

If possible, visit the new home and/or place with your child, or do this online with maps and images if you can't visit in person. This enables children to become familiar with aspects of their new home and location prior to moving. It might prompt them to ask questions about what their life will be like in their new home and location.

If there are particular places you will visit, routes or routines you will follow then show these to your child and discuss them. Helping your child to visualise what their new 'everyday' will be like in their new home and location is reassuring for them. It can also help reduce feelings of overwhelm after the move.

TOP TIPS FOR MOVING DAY

Let children pack some of their own boxes and decorate them.

Let them choose which things (toys) to take with them on the actual moving day.

Make a children's 'moving survival kit.'

Unpack children's boxes first and arrange their rooms first.

Plan your first night in your new home – spend time together rather than unpacking.

Have children's favourite books and toys for the first night – for familiarity.

Naomi Tyrrell
with over 100,000 followers

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MOVING HOME BLOGS

HELP ON MOVING DAY

Moving day can be very busy and stressful. It can also last longer than a day! Here are my research-based '5 top tips' for having a successful moving day(s) with kids.

[READ MORE](#)

TO DECLUTTER OR NOT?

Moving home is the perfect time to declutter. You don't want to be moving all the stuff you and your kids never use or play with anymore to your new house. Read this blog for my top tips.

[READ MORE](#)

DISRUPTED SLEEP

Moving house involves change. Change can disrupt sleep. I teamed up with sleep expert Rhian from [Rested Mama](#) to give you some top tips to help your child settle to sleep in your new home.

[READ MORE](#)

FINDING A NEW SCHOOL

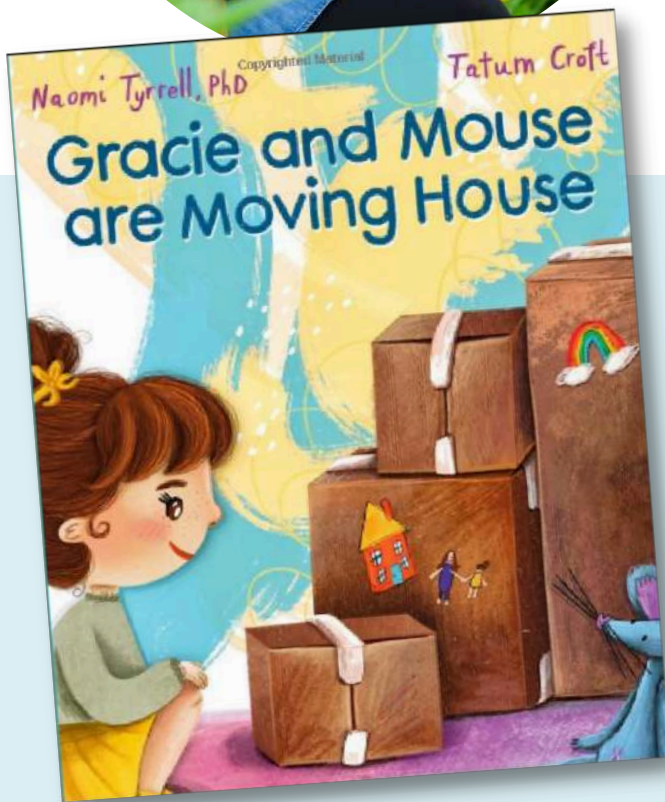
I know parents can feel really anxious about the idea of changing schools. In this blog I share my top tips for navigating the school admissions process when moving home within England.

[READ MORE](#)

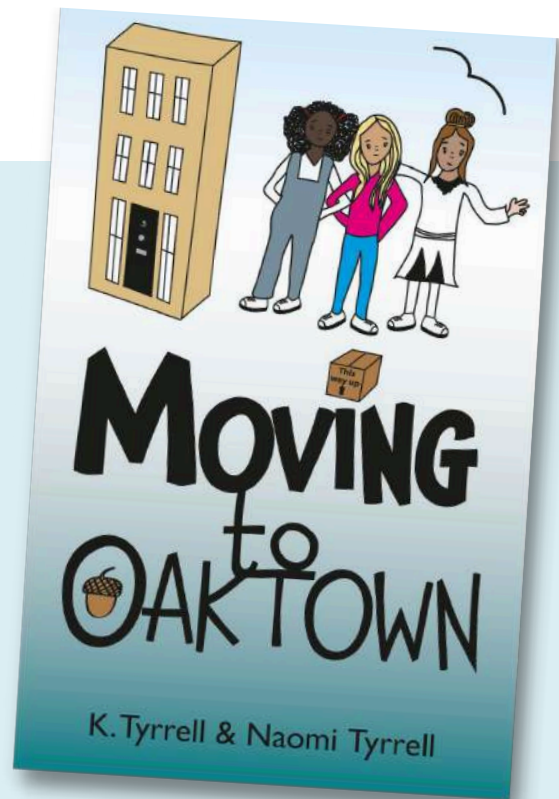
JOIN HOW TO MOVE HOME WITH KIDS AND
CLERGY HOUSEHOLD HUB ON FACEBOOK FOR ADVICE



There are several books for children that focus on moving home - these two books don't have any scary bits!



0-7 YEAR OLDS
**'GRACIE AND MOUSE
ARE MOVING HOUSE'**



7-11 YEAR OLDS
'MOVING TO OAKTOWN'

AVAILABLE ON AMAZON

