

## Moving as a family? Guide to keeping the kids calm ahead of the move.

As you are aware moving home can be one of the most stressful life events a person can go through. The stress of relocating can affect everyone, alongside the decisions that go along with moving such as packing, storage and the move logistics. The main and most difficult question parent's face is; how will the children feel about moving?

Plymouth Removers a family run business has over 40 years' experience, will try our best to re-assure you and offer the best advice possible.

Moving Home doesn't always have to be bad thing and saying goodbye isn't always the end, Children from an early age like to feel safe, it is imperative that they know what is happening around them, the best way we feel is to get children involved with the move as much as possible, turning what can be a very distressing time for them into something fun, where they have a responsibility within the moving process, If they are finding it hard leaving the old home behind, get them to make a scrapbook of their old home and favourite memories, then when you get to the new home they will have something from their old home that they can always look back on.

One of the main factors of moving that can put children on edge is the fact they feel, they might not being able to see their friends again. This can change a child's behaviour for older children as the idea of making new friends is a lot of pressure of a child and can be very daunting for them.



Encouraging them to make new friends shows support, but it is important to support your child in keeping in contact with their old friends and once settled arrange for them to come visit your new home, this support helps your child know that you understand their feelings.

For any questions please do not hesitate to contact us on 01752 600447