

helping your child through a move



Making big changes feel a little easier—together.

🍎 Start the Conversation Early

Let your child know about the move as soon as possible, even if the details are still unfolding. Use simple, reassuring language, and answer their questions honestly. Show them photos of the new home or neighbourhood to build excitement.

🍎 Validate Big Feelings

Moving can stir up all kinds of emotions—sadness, excitement, fear, confusion. Let your child know it's okay to feel all of it. Use phrases like: "It's normal to feel a little nervous." "I feel a bit that way too, & we'll go through this together." Encourage drawing, journaling, or pretend play as ways to express feelings.

🍎 Keep Routines Consistent

Maintain familiar routines around meals, bedtime, and family time. These predictable patterns help your child feel secure during a time of change.

🍎 Get Them Involved in Packing

Turn packing into an adventure! Give your child a special box to decorate & fill with their favourite items. Label it "Open First!" so they have their treasures right away in the new home. Let them help with labeling or sorting too—it builds a sense of control.

🍎 Say Goodbye Meaningfully

Take time to say goodbye to the old home, neighbours, or even a favourite park. A goodbye picnic or a memory walk can help create closure.

🍎 Create a "Welcome Home" Plan

Talk about what will happen on move-in day. Assign your child a "job," like unpacking their stuffed animals or setting up their art supplies. Give them a surprise to celebrate the new chapter.

🍎 Bonus Tip

Read books together about moving (like Peachy's Big Move!) to open up conversation and show your child they're not alone.

Moving is a big journey—but it can be a beautiful one. With your love and support, your child will find their footing.

