Keeping routines during the move

Children like and need routines, but during a move it is common for familiar activities to change. Keeping routines as normal as possible helps children feel safer and more secure. Here are some ideas to help you and your children maintain routines during this stressful time.

**Comfort your children during the move.**
- Allow your children to hold onto comfort items as you move.
- Make moving a “team effort” and allow your children to play a role.
- Plan to set up the children’s rooms first in the new house, if possible.
- Take a “family break” for some fun activities during the move (ride go-carts or play a game together).
- Keep family routines (bedtime stories, walking pets, mealtime chores) as normal as possible.
- Keep family rituals and celebrations. If you celebrate a child’s birthday in the midst of moving, make it special!
- Order your child’s favorite meal at a restaurant.
- Stop early and take a family swim at the motel.
- Rent a video and watch it together in the motel room.
- Celebrate your safe arrival!
  - Have a lemonade toast.
  - Find the local ice cream store and share a banana split.
  - Give everyone a big family hug.

**Things to remember.**
- Your attitudes greatly influence how your children adjust to a move.
- All children are different and will adjust to change at different rates and in different ways. Give each child time to adjust!