

Title:

Making The Move Easier On Children

Word Count:

282

Summary:

Moving can be a particularly difficult experience for young children, but parents can take steps to make the process easier.

Keywords:

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Article Body:

Whether it's across the country or down the block, moving can be stressful. Experts agree this is a challenging time for children.

Allied Van Lines has teamed up with Thomas Olkowski, Ph.D., a top child psychologist and author of "The Moving Handbook."

"While moving to a new home is exciting, it often means a new school, new friends and a whole new set of challenges."

&#8226; Tell children about the move as soon as possible—a child should never overhear the news.

&#8226; Schedule regular family meeting times to discuss the move with kids, sharing the details and listening to their concerns.

&#8226; Position the relocation as an exciting adventure with fun opportunities for the family to explore the new area.

&#8226; For younger children, consider reading children's books about moving, and talk about the move in a positive way.

&#8226; Before moving to a new home, it is critical that children have a chance to say goodbye to their old home.

&#8226; Provide children with address books and autograph books to use when saying goodbye.

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