

Moving with children



De Haan

Trusted since 1777



Pregnant

- A move is difficult both mentally and physically, especially if you are pregnant! That's why we advise you to move as early as possible. If it can be avoided, don't move in the last three months of the pregnancy. Skipping the summer would be smart too as it will be very hot, it's best to move before or after. Moving right after giving birth is also very hard because you will feel tired and exhausted a lot of the time. On top of that someone will always have to stay with the baby and you won't be able to do much with your partner. How you feel is the most important!
- Try to spread out the work as much as possible and have all the heavy or difficult work done by others. Start packing the things you don't use often about a month before the move and pack a small amount each day. This way, when the moving date is close, you won't have much packing left to do. If you label all boxes with what's inside and where it has to go, the movers will know enough and they can carry the boxes for you to the appropriate rooms.
- Lifting heavy things is just not a good idea. You could help with small things, like unpacking plates, hanging up or setting down pictures, and putting small things in the correct place. You could also offer to drive. This leaves you in control over bathroom breaks, snacktime and when you stretch your legs.
- It's very tempting to get everything done rightaway, but unpacking can wait! Only unpack the things that are absolutely essential and take a break whenever you need one. Be sure you stay hydrated and pace yourself.



- Accept help from others. People are prone to help when they know you are pregnant. Friends and family can help with packing and moving, but new neighbors can also be of big help. This is also a great way of getting to know the people in your new neighborhood.
- Before the move, take care of everything around and after giving birth, like a good hospital, but also a new doctor. Be sure he/she has gotten all of your medical records. Some women would rather have a female doctor, if this is what you want then take care of this as well.
- It would be easy if when you arrive in your new home, the water, gas and electricity are already working. If that's not the case it might be best to stay somewhere else until it works, maybe with people you know or in a hotel.
- Try to get into contact with local parent groups. This way you can get to know some people who could help you with daily problems, like when you can't find something or someone.

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0-2 jaar

- Babies are sensitive to change, even if it may seem like they don't notice. The stress the parents experience is reflected onto them, so be sure you try to stay organized and calm for both you and the baby.
- Babies notice changes in light, sound and smell. That's why it is best to decorate the baby room the same as it was before as soon as possible. Moving seems like a great opportunity to get new things, but use the same posters, wall decorations, crib, curtains, etc. The move is already stressful enough for the baby, so when they have their own familiar things that smell like their old home it lessens the impact moving has.
- Having a musicbox can help the baby significantly. Letting him get used to the music when he goes to bed for a few weeks before the move could help him feel more at ease in his new room.
- Moving with a baby can be difficult, especially when you are trying to pack and they need your constant attention. It might be wise to hire a babysitter so you can just focus on packing without having to worry about your child.
- It is important that for during the traveling, the last few days in your old house and the first few in your new one you have everything you might need at hand. You should think about food, drinks, diapers, Maxi-Cosi, pacifiers and toys, music box, etc. Maybe pack this in a bag you will keep on you during the move so you have easy access to the things your baby needs.

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2-6 jaar

- Try to time the move well. Sometimes it might happen unexpectedly, but if you can keep it in mind, plan the move in a less busy time and plan further ahead. This gives you more time to take care of everything and significantly lessens the chaos, which has a big influence on your children.
- Organize a kind of family get-together, maybe with some pizza or fries, and tell them you're moving. Tell them you're excited for the move and you expect your children to help you. Also ensure them everything will be okay.
- Young children find it hard to understand what moving really means. Take the time to explain this to them and answer any questions they might have. Maybe even read an age appropriate book with them about moving. You can find these in the library. Take the questions and doubts your children have seriously. Make them feel at ease and try to answer their questions respectfully, even if you can't meet their requests.
- Try to emphasize on the new fun things, like the football field around the corner or the new bigger bedroom they are getting. Maybe even go take a walk around your new neighborhood with your child before the move if you can. This way when you get there they will already know where the playground is.
- Let your children help with packing, this makes the move more real for them. Let them keep a few toys and get rid of others, but they get to choose what goes. Maybe they can help with choosing the layout of their new room or perhaps let them choose the wallpaper.

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2-6 jaar

- Have a yard sale with your children to sell the things that you don't want to keep. Maybe you can agree on buying something with the money it earns, like a new television or a slide for in the backyard. This involves the children more and also has them helping you.
- When your children have to say goodbye to their friends, organize a farewell party or a farewell outing. This way they can say goodbye in a good and positive way. When saying goodbye it can help to make a collage of fun memories, notes from friends, pictures and souvenirs. Your children can put this in a nice place in the new house and get to somewhat hold on to these good memories.
- Give yourself time without your children every now and then. This way you can get a lot more done in a few hours. A babysitter would be ideal, but turning on a movie for your children can also help you significantly as this will keep them busy for an hour or two.
- Keep extra clothing for your children close at hand. Sometimes it can be a mystery how they did it, but children get dirty often. Having clean clothes close is a must.
- Using a cooler to keep food in can be convenient. Your children will still need food and drinks when the fridge has been unplugged, so you can store things like fruit, smoothies, juice boxes, etc. in the cooler.
- Take a special backpack with you filled with toys and stuffed animals for on the road. This helps the children see the traveling as less tedious.
- When you move, a lot of things change. Try to hold on to previous habits, like reading a bed me story or having fries every Saturday. It might be smart to wait half a year with getting a new bed for your child so they can get used to the new house first.
- Once you've unpacked everything, save the boxes you used. Your children can use these to make forts and tunnels!



6-12 jaar

- Moving is always chaotic, especially if it's around other important events, such as school or sports. If possible, plan the move during a more quiet time. This helps both your children and you.
- Tell your children a month or two in advance that you're moving. This way they can prepare themselves at their own pace and get used to the idea of having to say goodbye to their friends.
- Try to get your children to talk about the move, if not with you then with others. Motivate them to ask questions and answer them respectfully and clearly. Make it clear that moving is permanent and not like a holiday. Sometimes parents think it's clear while the children have no idea what's going on around them.
- Let your children help with moving. More involvement makes for an easier transition. Let them pick and decorate their own room, give them tasks they would be good at, like looking things up online about the area.
- Be sure your children say goodbye to their old friends, to the house and to the neighborhood in a good way. Set a date when old friends can come visit or exchange contact details. Organizing a party or going somewhere is nice too!
- Motivate your children to make new friends immediately. This is easiest by signing them up for sports, music lessons or other activities.

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12+ jaar

- Considering moving is chaotic enough, don't do it during a busy time if it can be avoided.
- Involve your teenagers as early as possible, preferably once the plans are solid. This way they can get used to the idea as long as possible and prepare themselves for it.
- Teenagers spend their time trying to connect to other teenagers. When they're going to move it means they will lose a lot of their friends and will have to start all over again somewhere new. This can be very scary for them, so be considerate of that. Try to reassure them and emphasize all the good things about moving.
- Let your teenagers talk about what they're feeling. This doesn't have to be with you, this can also be with friends, family or even teachers or their coach.
- Have them help you with the move, even if they really don't want to. This helps make the transition smoother because they've actively been involved. If possible, choose the house and neighborhood together, but also let them help with packing, painting and cleaning.
- Let your teenagers do some research about the area, about things like schools, bars and sports clubs.
- A farewell party, evening or outing can be very important for them. Organize this and let your teenager be in control of it. This is a memory they are creating and will probably cherish for a very long time.
- Try to help them with finding new friends. It's a lot easier when they are a part of a sports club or a music school or when they have a job.



Moving with children with special needs

- Collect information about their diagnosis and medicine, preferably explained by their own therapists or doctors. This way the new therapists and doctors, but also teachers and coaches will know what your child needs.
- Bring extra medicine with you. It could happen there are unexpected complications with getting the needed medicine in your new neighborhood. Just to be sure, get enough medicine to last you for three months.
- Try to get new doctors or therapists before the move and make appointments to meet them, preferably with your children there. If you only start taking care of this after the move, you could get in trouble.
- The school should be taken care of before the move as well. Make a good, thoughtful choice and inform everyone at the school who will get into contact with your child. Prepare the teachers for the special programs your child needs and discuss what they have to do when something goes wrong.
- It is extremely important to contact other families, preferably families in a similar situation as you. They can help you with a lot more things than others can. They know about local specialists, supermarkets, etc.
- Try to keep as much routine during the move as you can. Have dinner at the same time as usual, read the same stories before bedtime or leave a nightlight on if your child is used to this. Even the small things can give your child something to hold on to.



About De Haan relocation

De Haan was founded in 1777. The organisation takes care of relocation services all over the world. In the past years De Haan has helped over 500.000 customers get to their desired location. De Haan is part of FIDI and has a worldwide network of over 1.300 partners. The organization is certified in accordance to the highest quality certificates, such as ISO 9001, ISO 27001, ISO 14001, AEO and FAIM. Currently, De Haan has around 80 employees.



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