

Keeping the kids cool ahead of the big move



Bishop's Move, the UK's largest privately-owned removals company, share their advice on how to keep the children calm when moving home.

Moving home can be one of the most stressful life events a person can go through. No matter how prepared you think you are it is still likely to cause stress even to the most organised person. The packing and planning can seem too daunting to even the most laid back of people.

The stress of relocation affects everyone. Alongside the decisions over packing, storage and logistics, all parents will face a number of difficult questions: How will the children feel about leaving their friends? How will they feel adjusting to a new school? What about their feelings regarding leaving the only place they might know as home?

With over 150 years experience in removals, Bishop's Move has some simple but effective advice to help those relocating with children enjoy a calm and stress free move.

- **Children need security** – Children at an early age like to feel safe. It is imperative that they know what is going on around them. The sight of their belongings being packed away can be distressing. Bishop's Move suggests getting the children involved as much as possible, from getting them to assist with the packing or letting them watch the van being loaded and unloaded. Such simple steps will go a long way to easing their anxiety.
- **Saying goodbye isn't a bad thing** – To ensure the kids are happy during the moving process, get them to make a scrapbook of their old home, pictures of friends and favourite memories. Upon arriving at the new home, arrange for a children's party involving games with the new kids in the area. This is a great way to say goodbye and at the same time start to feel comfortable in the new home.
- **Let the kids be the interior designers** – One of the easiest ways of getting the kids comfortable in their new bedroom is to get them involved in how

it will look. Let them choose the colour, features and furniture for the room. Making sure it is what they like and have helped design it is a sure way to make them feel happy from the first night they spend there.

- **School's out** – Summer is the most popular time to move with children as their schooling is not disrupted and they are less stressed and tired. Remember, this is also the best time to enlist them into a club if you need room for packing and organising.
- **Remember their friends** – For the slightly older children, leaving their peer group will often change their behaviour. The idea of making new friends in a new area will also seem daunting and cause them anxiety. Arrange for one of these friends to visit them in your new home. This meeting should be taken seriously. Telling a teenage child that seeing their friends will happen once they are settled in will only increase their anxiety. Set a date and fix travel arrangements.
- **Remain in control** – When moving, children, in particular the younger ones, are likely to behave in uncompromising ways. Tantrums, tears and even bed wetting can all be a result of the stress. Try to remember this is more than likely just a phase. Be patient and they will soon be back to their old selves.

Moving is an exciting time, but take the time out to ensure every member of the family is sharing in that excitement. By following these steps, parents and, more importantly, their children can start life in their new home in a happy frame of mind after a successful and stress-free move.

To find out more about Bishop's Move International Moves and the Moving with Children Guide visit www.bishopsmove.com

Bishop's Move offers specialised removals and storage services for domestic and business customers, from small moves to international relocation.