

New Bell Moving & Storage

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MOVING and CHILDREN

Moving has become a common feature of the American way of life. Statistics indicate that one out of five families moves every year. Many of these families are "old hands" at relocating; others will be moving this year for the first and perhaps only time.

But whether a family is a veteran or a rookie in the moving process, one aspect of moving that is frequently overlooked or left to chance is the effect relocation will have on children.

Many factors contribute to how a child reacts to a move. Here is a brief look into some of them.

Reasons why we move

If you as parents view the change as the fulfillment of some hope or ambition, the feeling you will transmit to those around you will be a happy one. You will meet the inconvenience of relocation with an optimistic outlook.

On the other hand, if the move is associated with disappointment or grief, you and your children will be troubled, and the children may be unintentionally left to fend for themselves in a situation they probably do not understand.

But regardless of the motivation for your move, attention to children's feelings is very important. Which leads to the second factor:

Talking with the kids

Talking with your children about the move is a matter of top priority. Explain to each child at his own level of understanding why you are moving, what the new home will be like, and how each of them can contribute to the success of the family's relocation.

Encourage them to express whatever feelings they have on the subject. Accept their attitudes, even if they are negative, and discuss with them your own feelings. Remember that you probably have some misgivings about leaving, too, no matter how nice your new situation promises to be.

Above all, be honest. Truth will go a lot farther than pretense or made-up stories in preparing children for the move. And remember that the strength of the family as a unit will contribute immeasurably to the readiness and confidence with which the children adapt to their new surroundings.