

Brauns INTERNATIONAL

the move management company



Moving with kids



INTRODUCTION

In this guide we would like to share with you the experience of moving with children and teenagers that we have gained in our daily business.

The check list at the end of this brochure will give you a brief overview of the most important things to do before, during and after the move. We must emphasize that these guidelines do not claim to be exhaustive, but we hope that the information compiled here will give you some ideas. For further information, addresses and tips about moving with children, please also check the internet which offers a wealth of information.



Moving is a family project



TIPS FOR MOVING WITH CHILDREN AND TEENAGERS

When the center of one's life is relocated, many areas of life will also change. While adults prepare themselves for this new situation, children really need support from their parents.

For them, a move means the loss of their familiar surroundings, a farewell to friends and a major change in their lives. Children are generally curious and therefore always open to new things. However, it is important to include them in the plans for moving, explain the reasons for the relocation to them, patiently answer all of their questions and thus take away their fear of moving and any related new developments.

If possible, go on a discovery tour. Show your children the new apartment or the new house and of course the children's rooms before you move. You can explore the environment together and thus arouse their curiosity. Where is the playground, where are interesting sports and leisure facilities, the kindergarten or the future school?

We have experienced that the fear of losing familiar surroundings, friends and playmates can be significantly reduced with a great farewell party. Make it a big event, so that everybody who takes part will have fond memories. Take lots of photos and hand out small gifts with details of your new address.

A move is always a good opportunity to get rid of superfluous belongings. This also applies to the items that belong to children and teenagers. You could for example give old toys away to a children's home or sell them at a flea market. A pleasant side effect: It reduces the amount of items that the packing crew has to take care of.



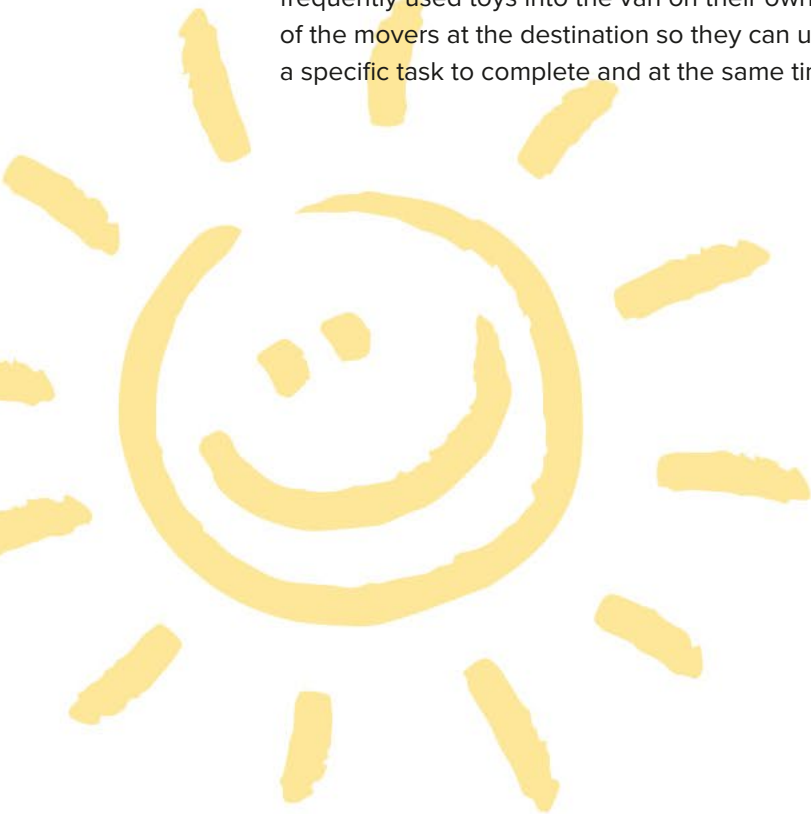


BEFORE THE MOVE

Talk about the move and what will happen at the earliest opportunity and convey this information to your children according to their age and ability to understand the concept of moving. Depending on your child's age, a new kindergarten or school needs to be found. The internet may be very helpful here. If a choice has already been made, we recommend contacting the respective institution early so you can gather information for planning your child's integration.

Allow enough time for your children to help with the move, so that they get a sense of being needed. Children and teenagers often fear that their belongings will be lost or damaged. Make sure that your children pack their most important personal belongings on their own. The boxes may then be painted or decorated with stickers – depending on the children's age and taste.

During the move, encourage your children to talk to the movers themselves. When they are able to establish a good rapport, your children will have a positive feeling about the move. If possible, let your children pack the box with favorite cuddly toys and most frequently used toys into the van on their own and unload it from the van with the help of the movers at the destination so they can unpack it immediately. Thus your child has a specific task to complete and at the same time is distracted from the moving events.



THE MOVE

Moving is a project for the entire family. The way in which children and teenagers can be included depends on their age. In order to provide some kind of refuge for your children, try to organize the setting up of your new home, so that your child's bedroom is completed first. The process of settling in can be speeded up if you refrain from buying new furniture for the new room. You thus provide your children with a sense of familiarity and a feeling of security, even in the new environment.

Once all boxes labelled "child's bedroom" have been emptied, parents are able to breathe more easily again. Your child is busy and you can pay attention to the countless other boxes. However, try to keep to your usual routine, such as lunch and dinner times or bedtimes. Children love routine. Try to find some time for a break in between to explore the nearest playground with your child.



Let your kid actively help in the move



AFTER THE MOVE

Time is the most important thing after moving. Take some time for yourself and for your offspring to explore together the new school route, shops and leisure facilities etc. Encourage your child to invite new friends to your home. It helps them to quickly settle in and you may even get to know the new friends.

- **Infants and young children** up to the age of about six are usually the “easiest to move”. As long as their parents are nearby, children feel comfortable.
- **School-age children** take a certain amount of time to settle in. Phases of up to six weeks in the new school environment are quite usual. Your children do not only have to make new friends and get used to the teachers, but may also have to adapt to another curriculum. Check if this might be the right time to fulfil your child’s longstanding wish for a new hobby.
- In the case of **teenagers** a certain understanding for the relocation and the associated changes are often taken for granted. Indeed teenagers usually understand the reasons for the relocation. However, their new life situation may quickly overwhelm them. Particularly at puberty, teenagers focus very much on their circle of friends and find it rather hard to find a new clique. In order to help your teenagers to at least feel comfortable in their own home, let them set up their own bedrooms – even if you do not particularly like the style.

Remind your children that social contacts can easily be maintained nowadays thanks to modern technology (mobile phones, computers, etc.).



CHECKLIST: MOVING WITH CHILDREN

As early as possible

- Compare kindergartens and schools at the new place of residence.
- Obtain the registration forms.
- Is it possible to move during school breaks?

3 months before the move

- If possible, get information about the curriculum at the new school.
- Prepare your children by informing them about the move and explain the reasons.
- Check if you can make your children's longstanding wishes come true when you move.
- Deregister your children from their present kindergarten or school.

1 month before the move

- Show your children the new neighborhood and the new home. If possible, visit the new kindergarten or the new school.
- Organize a babysitter for the day of move (if possible people that are familiar to the children).
- Motivate your children to give away or sell toys that are no longer needed.

1 week before the move

- Show your children the new neighborhood and the new home. If possible, visit the new kindergarten or the new school.
- Let your children take part in the design and set-up of the new rooms. Relocations are not the best time to buy completely new furniture for the children's bedrooms that are unfamiliar anyway.
- Organize a farewell party for your children.
- Start to pack the moving boxes and let your children help you.
- Discuss with your children what things should stay close to hand until the actual moving day.

1 day before the move

- If you have babies, remember diapers, baby food and bottle warmers.
- Let your children pack their last remaining things.
- Have the favorite toy and/or cuddly toy ready for the day of the move.

On the day of the move

- Schedule some time to play with your children.
- Trust your children with little tasks, such as labelling “their” boxes.
- If necessary, take your children to their babysitter.

After the move

- Set up the children’s bedrooms first and keep to your usual routine.
- Explore the new environment and the best route to school or kindergarten together with your children.
- Look for leisure facilities, such as swimming pools, playgrounds and sports fields.
- Allow your children a settling-in period at their new school of approx. 6 weeks.
- Introduce yourself and your children to the neighbors and find out if peers live in the neighborhood.
- Encourage your children to bring home playmates.
- Help your children to maintain contact with former friends from the old neighborhood.

ABOUT BRAUNS INTERNATIONAL

Brauns INTERNATIONAL are a global provider of removal and relocation services. A company with more than 100 years history which is highly experienced in relocating staff in public institutions provides you and us with the assurance that your move will be done with the highest degree of quality.

Our removal company works regularly with various public institutions, so that we do not only own a number of framework contracts, but are also able to implement them logistically.

With Brauns INTERNATIONAL **you can be sure of moving „worldwide“. We offer worldwide removal services.**



We offer international removal services worldwide



OUR SERVICES

Do you have any questions?

We are happy to connect you to your personal advisor.

Free call: 0800.8255330

For further information please visit our website:

www.brauns-international.de

- National and European wide removals with removal trucks
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