

Checklist for Parents Moving with Children

Moving with children is always more than just packing boxes—it's about making the transition smooth, safe, and emotionally comfortable for every member of your family. This checklist is designed to help parents plan each stage of the move with special attention to children's needs, from preparation and organization to adaptation in the new place.

Before Moving

School and Education

- Notify the school and inform them of the withdrawal date.
- Request academic records, transcripts, and teacher recommendations.
- Research transfer and enrollment requirements for schools or daycare in the new area.
- Identify suitable schools, daycare centers, and extracurricular programs.
- If possible, visit schools in advance and introduce your children to new surroundings.

Medical Matters

- Collect full medical records from pediatrician, dentist, and other specialists.
- Obtain copies of immunization records and certificates.
- Refill prescriptions and stock up on necessary medications for the moving period.
- Schedule preventive checkups (dental, vision, general health) before departure.
- Request written summaries of your child's medical history from doctors.

Social Connections and Activities

- Notify sports teams, music schools, and after-school activity centers about your child's departure.
- Organize a farewell gathering for friends and classmates.
- Visit favorite parks or places to create lasting memories (take photos together).
- Collect and save contact information of friends' parents to maintain communication.
- Research sports clubs, cultural groups, and activity centers in your new city.

Packing and Organization

- Sort your child's toys and belongings: keep, donate, or gift items.
- Pack a special "comfort box" for each child with their favorite toys, books, or blankets.
- Prepare an essentials kit with clothing, snacks, hygiene items, and entertainment for the trip.
- Label fragile and priority boxes to unpack them first.
- Return borrowed items such as library books or school supplies.

Additional Preparation

- Discuss the move with children in advance to reduce anxiety and stress.
- Collect all necessary documents: birth certificates, passports, medical and school papers, insurance policies.

- Arrange safe pet transport if applicable.
- Hire a babysitter or ask relatives for help on moving day.
- Review your banking arrangements, transfer or set up accounts if needed.
- Check temporary registration or residency rules in the new region.

After Moving

School and Education

- Submit enrollment documents and register your child at the new school or daycare.
- Arrange a meeting with teachers and introduce your child to classmates.
- Walk safe routes to and from school together until your child is comfortable.
- Support your child's adaptation by monitoring progress and communication with teachers.

Medical Care

- Find a new pediatrician, dentist, and eye doctor.
- Register your family at the local clinic or healthcare provider.
- Enroll in or transfer medical insurance coverage.
- Share previous medical records with new doctors.
- Continue scheduled vaccinations, treatments, or therapies.

Social Adaptation

- Sign children up for clubs, sports teams, and creative workshops.
- Explore parks, playgrounds, libraries, and children's activity centers nearby.
- Meet neighbors and connect with parents in your new area.
- Support ongoing communication with old friends via phone or video calls.
- Join local or online parent groups to build a support network.

Home Setup and Daily Life

- Prioritize setting up your child's bedroom to create a sense of stability.
- Reestablish familiar daily routines (meals, bedtime, playtime) as quickly as possible.
- Explore family-friendly attractions and entertainment in your neighborhood.
- Create new traditions—such as weekly outings or family game nights—that help children feel at home.

Additional Adaptation Steps

- Create an emergency contact list with phone numbers of doctors, schools, and neighbors.
- Learn about the local transportation system for family mobility and safety.
- Find nearest grocery stores, pharmacies, and essential services.
- Keep communication open: talk regularly with children about their feelings and impressions of the new place.