



Moving with Kids: Your Essential Parent Checklist

Established in **2005** by **Gabriel Long**, **Final Destination Moving and Storage** has supported many families through smooth relocations across the United States. Because moving with children demands additional planning, patience, and organization, having a clear checklist helps make the whole process far less stressful for everyone.

Before You Start Packing

- Talk to your children about the move in age-appropriate language.
 - Show them photos or maps of the new home, neighborhood, and school.
 - Involve them in small decisions, like choosing room colors or decor.
 - Gather school, medical, and vaccination records in one folder.
 - Schedule doctor, dentist, and eye appointments before moving day if needed.
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Organizing Documents and Logistics

- Collect birth certificates, IDs, insurance cards, and school transcripts.
 - Update your address with banks, insurance companies, and subscriptions.
 - Research new schools and complete enrollment forms in advance.
 - Transfer medical records to new doctors or pediatricians.
 - Confirm moving dates, arrival windows, and services with your moving company.
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Packing with Children in Mind

- Create a separate “kids’ essentials” box with clothes, pajamas, and toiletries.
 - Pack a backpack for each child with favorite toys, books, and snacks.
 - Label boxes by room and child’s name to simplify unpacking.
 - Keep comfort items, like stuffed animals or blankets, easily accessible.
 - Set aside a small box for baby/young child supplies (diapers, wipes, bottles).
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Preparing for Moving Day

- Arrange childcare if possible to keep children safe and calm during loading.
 - Walk kids through the schedule so they know what to expect.
 - Pack a cooler with water, juice, and easy-to-eat snacks.
 - Charge tablets, phones, and portable devices for entertainment.
 - Keep medications and any special dietary items with you at all times.
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First Days in the New Home

- Unpack kids' rooms first to give them a sense of stability.
 - Maintain familiar routines for meals, naps, and bedtime.
 - Take a family walk to explore nearby parks, playgrounds, and stores.
 - Introduce yourselves to neighbors if the opportunity arises.
 - Discuss feelings about the move and reassure children regularly.
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School and Social Adjustment

- Visit the new school together before the first day, if possible.
- Meet teachers and counselors and share any special needs or concerns.
- Encourage children to join clubs, sports, or activities to make friends.
- Stay in touch with old friends through calls or video chats.
- Celebrate small milestones, like the first week at the new school.

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