



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.

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.

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).

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.

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.

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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