



## Quick Tips

### 1. Let them know what to expect.

Get your kids excited, *but don't oversell it*—that will only lead to disappointment.

**2. Make a family wishlist.** Write out what you want in your new home and let the kids plan their new room.

**3. Visit your new place.** Taking your children to see their future home will help ease their feelings of uncertainty.

**4. Stick to your routines.** Moving creates a lot of upheaval in children's lives. Keeping everything as close to "business as usual" as possible will help lower their stress.

### 5. Don't be afraid to ask for help.

You don't have to do it alone! Ask friends and family to help out. Enlist your kids' help to give them some ownership over the move.

# Easing The Transition:

## How to Make Moving With Kids a Little Less Painful.

**Moving with children is an ordeal, but it doesn't have to be a nightmare.** It will be a difficult time for them, but there are steps you can take to make it easier.

One of the biggest challenges facing parents when moving their kids is the upheaval that it causes. Normal schedules are disrupted and your children may be afraid of the changes. There are a few proactive ways to mitigate this. You should always keep your kids informed. Let them know what to expect with the move. This is a good opportunity to get them excited—moving can be an adventure, after all. However, avoid creating unrealistic expectations. It's better to be upfront about the process than to set them on the path to disappointment.

Give your children some ownership over the move. Letting them make decisions (within reason) will help them feel more in control. Help your kids plan their own rooms. This can be an exciting activity for them, and it will lessen your load! Having them help *you* out with the moving process is a good idea as well.

Be sure to take your kids to visit their new home. It will give them something to look forward to and will help make the transition easier. You might also take them on a tour of the neighborhood. Show them their new school, or maybe the local playgrounds. The more they know about where they're going, the less stressful moving will be.

Try to keep things as close to your normal routine as possible. If your kids have sports or other activities, keep them going as much as possible during the moving process. The last thing you want is a bunch of stressed children with nothing to keep them occupied!

Lastly, you can always ask for help. Moving is a stressful and time consuming task, and your neighbors, friends and family can always give you a hand. If your friends have kids, make it a play date! This will give your children a chance to say goodbye before the move.

Moving with children is difficult. Armed with these tips, you can make it easier!



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