

HyperTrans

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Kids and your move

General:

Moving house can be an emotional experience for adults, so imagine how much more unsettling it can be for kids who don't really understand what's going on. There are many things to consider when relocating, none more important than the impact of moving on your children.

We at HyperTrans, provide the information on this website in the hope that it will help make your move a positive experience for the whole family.

Remain positive:

Most often the reason for moving is a happy one, such as a new home or job promotion which generates excitement and compensates for the inconvenience of packing up and relocating, however if the move is associated with an unhappy event it can be hard to keep a positive attitude in front of the children.

Kids feed off the emotions of their parents. If you are not happy, chances are, they are not happy either and will need more reassurance and attention to ensure the move is a positive experience for all of you.

Talk to your children:

Explain to your kids what's happening, why you are moving, where you are moving to and what they can do to help so that they feel a part of what's happening.

Listen to them and let them express how they are feeling. Try to empathise with them even if some of their feelings are negative. Try to then focus them on the positives of the move. Whatever your conversation with them, try to end on a positive aspect. It is only natural for them to be concerned, leaving familiar surroundings and friends, leaving the known for the unknown can be pretty scary especially when you are young. Acting excited about the move yourself can help immensely.

Most importantly be honest with your children. Reassure them that they are an important part of the family, and can help make the move a positive family experience by helping where they can.

Tears and tantrums:

Children express their anxiety in a number of ways. Tears and tantrums are the most common. If your children have moved before, and the experience was not a happy one, they may show signs of depression, withdrawn behaviour, or signs of aggression such as tantrums. Keeping the kids focused on positive outcomes from the move, improves your chances of keeping them stable and manageable. Tantrums are less likely when they are in a positive frame of mind. In short, that means a "stress free" move for the whole family.