

Moving Tips for Families

A Checklist for UF Employees with Children

Before Moving Out

- Include your children in the process** by having them help with age-appropriate tasks, such as packing their toys or labeling boxes.
- Talk to your children about the move** and what to expect to help them adjust to the change.
- Consider arranging for childcare or a babysitter on moving day** to keep your children safe and occupied.

Before Moving In

- If possible, visit the new home with your children before the move** to familiarize them with their new environment.
- Ensure all school transfer paperwork is completed** and inform the new school about your children's arrival.
- Research and set up new healthcare providers, daycare or schools** in the new area.

On Move-In Day

- Unpack and set up your children's rooms first** to provide them with a sense of security and familiarity.
- Ensure the new home is childproofed** by securing furniture, covering outlets and removing any hazards.
- Pack a bag with essentials for your children**, such as favorite toys, snacks, clothes and toiletries, to have on hand during the first few days.

After Moving In

- Try to keep your children's routines as consistent as possible** to help them adjust more easily.
- Spend time exploring the new neighborhood with your children**, finding parks, playgrounds and other kid-friendly spots.
- Let your children help decorate their new rooms** to make them feel more comfortable and excited about the new space.
- Be positive and supportive**, listening to your children's concerns and providing reassurance during the transition.