

# Family Moving Checklist

Moving with children involves more than packing boxes—it's about careful planning for school, health, social life, and home setup. Use this practical checklist to keep everything organized.

## Before Moving

### School & Education

- Notify the school and confirm withdrawal date.
- Request academic records, transcripts, and recommendations.
- Research and compare schools or daycare centers in the new area.
- If possible, visit new schools/daycares in advance.

### Medical Matters

- Collect medical records (pediatrician, dentist, eye doctor, vaccination history).
- Obtain copies of immunization certificates.
- Stock up on medications for the moving period.
- Schedule preventive checkups before the move.
- Get summary reports from current healthcare providers.

### Social Activities & Connections

- Inform sports clubs, after-school programs, and activity centers of departure.
- Arrange goodbye gatherings for children with friends.
- Visit favorite local spots and keep photos for memories.
- Save contact details of friends and classmates' parents.
- Research clubs and activities available in the new city.

### Packing & Organization

- Sort children's toys and belongings: keep, donate, or discard.
- Pack a personal box of favorite items for each child.
- Prepare an essentials kit (clothes, snacks, toiletries, toys).
- Mark fragile and priority boxes clearly.
- Return all borrowed items (books, equipment, etc.).

### Additional Preparation

- Explain the moving process to children to reduce stress.
- Prepare important documents (birth certificates, passports, school records, insurance papers).
- Arrange safe transport for pets.
- Organize childcare help for moving day.
- Verify or set up banking services in the new city.
- Check temporary registration requirements, if applicable.

# **After Moving**

## **School & Education**

- Submit documents and register your child in the new school/daycare.
- Meet teachers and help your child get introduced to classmates.
- Familiarize with safe routes to school.

## **Medical Care**

- Find a new pediatrician, dentist, and eye doctor.
- Register with a local healthcare clinic.
- Update or transfer medical insurance.
- Transfer medical records to new providers.
- Continue planned treatments or vaccinations.

## **Social Adaptation**

- Enroll your child in local clubs, activities, or sports programs.
- Explore parks, libraries, and family-friendly centers.
- Meet local families and neighbors.
- Stay in touch with old friends.
- Join parent groups or community groups (online and offline).

## **Home Setup & Daily Life**

- Set up children's rooms first to provide comfort.
- Keep familiar routines (sleep, meals, activities) to ease adjustment.
- Locate nearby playgrounds, entertainment, and stores.
- Create new family traditions to establish a sense of belonging.

## **Additional Steps**

- Make an emergency contact list for the new area.
- Find family doctors and dentists for emergencies.
- Learn the local transportation options.
- Identify nearest grocery stores, pharmacies, and essential services.