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# MOVING HOUSE

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Moving house can be such a big upheaval for the adults involved, that it is easy to overlook the fact that children's lives are disrupted too.

When they move, they are losing friends and all the things that are familiar to them.

While some children adapt well to different situations and are excited about something new – others can become timid and worried about what the changes will mean for them.

It is vitally important to talk to them about what is going to happen. Give them as much time and attention as possible and get them involved in any decisions that they can help make.

Children need certainty and to know what's happening. Be clear about their schooling arrangements and keep in touch with old friends and relatives. Once the move has happened, it is worth spending time helping your children make new friends in the area – as this will help them settle.

**Q.**

**We have to move to a town 60 miles away, due to my partner's new job. We have one child of nine – who is very sociable and has lots of friends. She is really upset about the idea of moving and blames me.**

**A.**

It is unpleasant for you to be on the receiving end of her annoyance – but at least you know exactly how she is feeling! Spend some time just allowing her to talk through those feelings and let her know you understand that she's angry and feels she will be missing out.

It is good that she is sociable as this makes it likely that she will pick up with children in the new area. As she is nine, it might be an idea to encourage her (with you) to go on the internet and find out what activities are available in the area to which you are moving. You need to discuss with her how you will keep in touch with existing friends. The bottom line is that you are moving - and so you need to help her look at this as being inevitable but also encourage her to take a positive view of it.

Keep an eye on your daughter. Some children settle quickly – while others can react badly once the move has actually taken place.

Continue to talk to her and remember that you can call us at Parents Advice Centre for help and support.

