

## Checklist for Parents Moving with Children

### Before Moving

#### School and Education

- ☐ Notify school about the move and withdrawal date
- ☐ Request academic records, transcripts, and recommendations
- ☐ Learn about transfer requirements for the new school
- ☐ Research and identify potential schools and daycare centers in the new area
- ☐ If possible, visit schools and daycare centers in advance

#### Medical Matters

- ☐ Collect medical records (pediatrician, dentist, eye doctor, vaccinations)
- ☐ Obtain copies of immunization records and vaccination certificates
- ☐ Stock up on necessary medications for the moving period
- ☐ Schedule preventive checkups before departure
- ☐ Get medical record summaries from all healthcare providers

#### Social Connections and Activities

- ☐ Notify sports clubs, after-school programs, and activity centers about ending participation
- ☐ Organize farewell parties for children
- ☐ Visit favorite places (take photos for memories)
- ☐ Save contact information for friends and classmates' parents
- ☐ Research clubs, activities, and programs in the new city

#### Packing and Organization

- ☐ Sort through toys (keep / donate / give away / discard)
- ☐ Pack a separate box for each child with their favorite items
- ☐ Prepare essentials kit for immediate needs
- ☐ Mark fragile and priority items for first unpacking
- ☐ Return library books, videos, and borrowed items

#### Additional Preparation

- ☐ Explain to children what will happen to reduce stress levels
- ☐ Prepare documents (birth certificates, passports, insurance, school records)
- ☐ Arrange transportation for pets
- ☐ Find a babysitter or helper for moving day
- ☐ Transfer bank accounts or verify access in the new city
- ☐ Check temporary registration requirements (if needed)

### After Moving

#### School and Education

- ☐ Submit documents and register child in new school/daycare
- ☐ Arrange meetings with teachers and classroom introduction
- ☐ Help child adapt to new environment
- ☐ Learn safe routes to and from school

**Medical Care**

- ☐ Find and visit new pediatrician, dentist, and eye doctor
- ☐ Register with local healthcare clinic
- ☐ Enroll in medical insurance program
- ☐ Transfer medical records to new healthcare providers
- ☐ Continue scheduled treatments or vaccinations

**Social Adaptation**

- ☐ Enroll child in clubs, sports teams, and activity programs
- ☐ Visit parks, libraries, and children's centers
- ☐ Meet neighbors and parents of local children
- ☐ Maintain contact with old friends
- ☐ Join parent groups (including social media groups)

**Home Setup and Daily Life**

- ☐ Set up children's room as a priority
- ☐ Maintain familiar daily routines (sleep, meals, activities, walks)
- ☐ Find nearby playgrounds and children's entertainment
- ☐ Establish new family traditions to ease adaptation

**Additional Steps for Successful Adaptation**

- ☐ Find family doctor and dentist for emergency situations
- ☐ Learn the local transportation system
- ☐ Locate nearest grocery stores and services
- ☐ Create emergency contact list for the new area