



MOVING WITH KIDS

Infant through High School

Yankton Thrive | Relocation Support

Wow, what a BIG adventure you are embarking on with your family! This could be so exciting for you, or absolutely terrifying...or perhaps, you are feeling a combination of these emotions!

Either way, this is a MAJOR life change that your kids will likely remember for the rest of their lives. Every aspect of their lives is changing to some degree and they are going to need proper support as they go through this transition. We are so happy that you are moving to Yankton and are allowing us to support you on this big journey!

Ages Covered:

- Infant - Pre-K
- Elementary
- Middle School
- High School

In Each Section You Will Find:

Developmental Focus Area
Age Appropriate Activity
Parent Tips
Recommended Resources

Additional Resources For Parents:

Moving with Kids

By Lori Collins Burgan

We're Moving Where???

By Maripat Abbot

Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress, and Worry

By Sheila Achar Josephs PhD

Yankton Community Recommended Resources:

[Public School District](#)
[Daycare Providers](#)
[Sacred Heart](#)
[Missouri Valley Christian](#)
[Homeschooling](#)
[Kids in the Park Event](#)
[State Parks](#)

[Music at the Meridian](#)
[Community Band Concerts](#)
[Riverboat Days](#)
[Family Rec Activity Guide](#)
[Swim Lessons](#)
[Aquarium](#)
[National Recreational River](#)

[Dance Studios](#)
[Gymnastics](#)
[Boys & Girls Club](#)
[4-H](#)
[Boy Scouts, Girl Scouts](#)
[Community Archery](#)
[Yankton Thrive](#)

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Infant - Pre K

No one term can define the wide range of developmental stages that we see in the infant to pre-K age group. Ever-changing and evolving children between infant and five years old will communicate differently and have different needs throughout your move.

Whether it be cuddling your infant to sooth the interruptions, reading a book about moving with your toddler, or teaming up with your preschooler to work on the recommended workbook, you will be making efforts to comfort, support and introduce the concept of moving.

INTRODUCING the move to your child is our main focus for this age range.



Recommended Resources

Moving to the Neighborhood
By Alexandra Cassel (Board Book)

My Grand Adventure I'm Moving!
By John Fister (Activity Book)

Parent Tip

Routines are important for you and your children.

There is a sense of security in knowing what to expect each day and it provides structure in the home.

Keep routines in place as long as possible throughout the move and put back in place as quickly as possible after your move.

Empty Moving Box Activity

Have empty moving boxes and a rambunctious child you need to entertain?

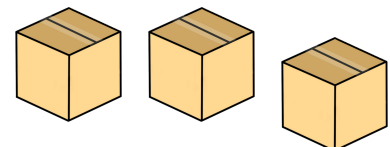
This is a fun activity for kiddos in the Pre-K / Elementary age range.

Give them boxes and supplies to let their imaginations run wild and create something fun.

Markers, tape, pipe cleaners, glitter, googly eyes, glue, scissors, paint, construction paper, etc...are all great ideas depending on ability and supervision.

Cardboard creative ideas: Build a bus, car, airplane, pirate ship, rocket ship, lemonade stand, guitar, race car garage, mask, computer, fish bowl, dollhouse.

Look up some more great ideas on Pinterest!



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Infant – Pre K

Popsicle Stick Activity

This is a great non-verbal activity for your children to communicate how they are feeling about the move.

Supplies:

- Popsicle sticks
- Glue
- Coloring utensils
- Magnets (or tape)
- Scissors
- Daily Emotion Chart
- Paper to draw on and cut out

Do It:

Every day family members place their stick person on the emotion that best expresses how they are feeling about the move. They can also be moved throughout the day as emotions change.

Make It:

1. Have each family member (parents included) create a popsicle stick person for themselves using popsicle sticks, paper and coloring utensils.
2. Write each person's name on their popsicle stick.
3. Glue magnet to back of popsicle stick.
4. Create your own Daily Emotion Chart with paper and coloring utensils, or print the one provided.
5. Adhere Daily Emotion Chart to fridge. Add your stick people to chart!



Make sure you find time to discuss each child's feelings about the move with them one-on-one.

For the older kiddos, you can ask them open-ended questions to explain why they are feeling the way they are.

Your participation is important because you are setting an example for your kids.


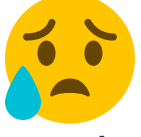


This is a great activity to utilize at any stage of the move. If you can implement BEFORE you move and keep it with you as you travel. Last thing to pack, first thing to unpack. Keep it up for the first 3 months after the move.

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Infant - Pre K

Popsicle Stick Activity - Daily Emotion Chart

 Happy	 Sad	 Mad	 Scared

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Elementary

At the elementary age, kids will be trying to understand what is going on and what this change means to them. For this age, UNDERSTANDING the change and working through those changes are going to be the biggest focuses for us.

Their little minds can be confused and they will need lots of reassurance that this change is OK, that you still love them the same, that they can make new friends, etc...

There are a couple resources that we really like and recommend you utilizing for this journey of UNDERSTANDING, if you are moving with a child that is elementary age.

Parent Tip

You're setting an example for your kids.

Your attitude about the move will influence theirs!

Try to stay positive and celebrate progress throughout the process.



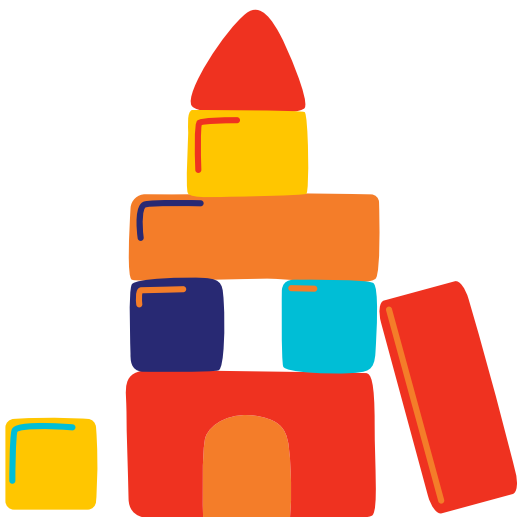
Recommended Resources

Molly Moves to Sesame Street
By Judy Freudberg

Goodbye, Friend! Hello, Friend!
By Cori Doerrfeld

My Very Exciting, Sorta Scary, Big Move: A
Workbook for Children Moving to a New Home
By Lori Attanasio Woodring PhD

The Moving Book: A Kids' Survival Guide
By Gabriel Davis



A close-up photograph of a young child with long hair, wearing a blue polka-dot jacket, blowing into a streamer. Numerous colorful, iridescent bubbles are floating in the air around the child's face. The background is softly blurred, showing green foliage.

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Elementary

Pen Pal Activity

This is a fun way to explore and learn more about your community while maintaining friendships.

Supplies: Address Notebook | Postcards from new city/state | Postcard Stamps | Pen

Before You Move:

Help your child get their friends' contact details. A good time to collect all of these would be at a Goodbye/Going Away Party.

Ask close friends' parents to encourage their kids to write back and forth with your child. Explain to them how important this will be for both kids.

Once You've Moved:

Go together to get some local postcards and let your child pick them out.

Have him/her write a note and send to their pen pals.

Let them help put the stamp on and leave it in the mailbox.

Don't forget to include your new address so the pen pals can write back!

When your child gets a letter from a pen pal, let them go get it from the mailbox with you. This can be really exciting for them!

Make sure to keep them writing back and forth as letters come back to them. If friends are slow to write back, encourage your child to send another letter to them in the meantime. Don't give up!

As a parent, you may need to jump in and help with some of the coordination for this activity.

With as techy as society has become, this throwback activity is great for direct and meaningful connections.

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Middle School

Middle school aged children have multiple things to contend with and work through. Not only physical changes and cognitive/intellectual changes but very importantly the process of identity development.

Give them space and time to explore their options, roles and personalities. This is especially important as part of a move. Your middle schooler may not have liked the role they had in their previous school. They may want to "try something else on."

Communicate, communicate and communicate. That means being a good listener on a regular basis. They may not be searching for your answers but instead wanting reassurance they are loved and supported.

ENGAGING your teenager in the move will help make it successful for both of you. Some kids this age are more extroverted and may like inviting new friends to join them for a small event and others who are more introverted may be happy working on a new home project for their room with you. The key to engaging this group is allowing them to make some of their own decisions within preset parameters.

Recommended Resources

Essential Moving Guide for Pre-Teens
By Sara Boehm

Parent Tip

Identify your child's strengths. Find at least 3 strengths for each child that you can readily identify, praise and encourage them with as you go through this adventure.

Positive reinforcement and reminding your children of their strengths is important when they get down in the dumps and are hard on themselves.



Middle School Activities:

1. Allowing your child the freedom to **personalize their space** in the new home, helps them feel valued and comfortable. Set a budget and let them make some of the decisions, like paint color for the walls, themed decor and even layout of furniture.
2. It is important to encourage your kids to make new friends after they move. Help them **organize a meetup with their new friends**.
 - Determine a fun and acceptable location for them to meet and hang out.
 - Set a date and time a week or two in advance.
 - Be available as a chaperone, if needed.
 - Spring for some snacks for them, if in your budget.

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High School

This could be the most difficult stage to move a child. By high school age, many kids have worked through finding their own identity and group of friends. Luckily with technology, they will be able to keep in touch with old friends, however going to a new school will be daunting. Help them by doing some research yourself to see what activities in your school or new community may be continued.

SUPPORTING your high schooler as they work through new faces and new places should be one of your priorities if you hope for a fairly smooth transition in the long run.

There are many ways to involve them from keeping a journal (no peeking, it is for their feelings, ideas, etc.) to joint outings seeking activities. Supporting also means regular communication in a way that meets your child's needs.

Recommended Resources

New Kid New Scene: A Guide to Moving and Switching Schools
By Debbie Glasser, PhD and Emily Schenck

The Essential Moving Guided Journal For Teens
By Sara Boehm

Parent Tip

Transitioning into a new community takes time.

At the very least, a transition takes 12 months to go through all of the seasons, holidays and big events throughout the year.

Don't expect your kids to transition immediately. Be ready to support them for the long haul.

High School Activity:

Help your child find their place in this new community.

1. Have an initial discussion about what activities and spaces they might want to be involved in.
2. Ask them to research some of these ideas to learn more about what is available locally.
3. Pick 2 or 3 to go visit with them. Plan to meet with a staff member or leader in that space to get a tour and answer any questions your child may have.
4. Have a follow up discussion with your child about these options and what they want to pursue. Ask open-ended questions such as "What was more, or less interesting?" "What do you want to pursue?" "Why do you want to pursue that?"
5. Sign them up and make sure they start going!

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Yankton is a great place for families and we are excited to be welcoming you into the community. We know this can be a stressful time for the entire family, which is why supporting your move is a top priority for us.

Be sure to check out our other Relocation Resources available!

The Yankton Parent Relocation Guide is a collaboration of Yankton Thrive and The Relocation Companion.



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