

Moving with Children

PCS Tips and Tricks

1 Page Version



Mindset is key

- Talk about the move leading up to it - the process and the new location.
- Focus on the positive aspects and model positivity. Kids will feed off of your mindset.
- Treat the move like an adventure.
- Be flexible, stay calm, and be prepared for the unexpected.
- Involve children when possible.
- Let kids experience their emotions and support them through them.
- Ask for help when needed and accept it when offered.

Move prep

- Consider donating unused clothes and toys (involve kids if possible).
- Organize toys and clothes, so they get packed together.
- Put small toys in gallon ziplock bags
- Have kids pack their own backpacks of special items to take with them.

Medical/ paperwork

- Make sure all medical appointments are up to date.
- Get (hand-carry) immunization, school, medical records, and birth certificate.
- Schedule any doctor/dentist/specialist appointments at new location. (lead time is usually a while for new patients)

Move

- Maintain routines for as long as possible leading up to the move.
- If possible, have the child(ren) elsewhere when movers are at the house (babysitters, friend's house, hotel, etc.) during packing and unpacking.
- [CGMA](#) has some funding for childcare during move.

What to Pack

- Plan to be without your HHG for longer than you think.
- Pack extra clothes (bring more than you think you need). Consider weather.
- Ensure you pack child's special items i.e. favorite toy, stuffed animal, etc.
- Travel with all baby essentials that you need for a few weeks.

Car ride/ road trip

- Plan and book ahead! Consider if you're stopping for any adventures along the way.
- Make a vacation out of the trip.
- Be prepared with activities, snacks, and entertainment. Bring more than you think you need.

Reources

- [Military Child Education Coalition](#)
- [Sesame Street for Military Families](#)
- [Military One Source](#)

**This is NOT an Official U.S. Coast Guard document. The information is provided in good faith based on recommendations of military families. Use the information at your own risk. **