

Moving Checklist Moving with children

Pre-Move MEDICAL **SCHOOL SOCIAL / ACTIVITIES PACKING** Collect school ☐ Contact ☐ Goodbye party for Go through toys: records pediatrician kids (take pictures keep/donate ■ Name of new ☐ Stock up on for an album) ☐ Pack small school prescriptions ☐ Visit favorite places travel bag ☐ Collect records (take pictures for Identify priority items to be an album) Dental ☐ Research new city unpacked first ☐ Vision for kids activities Return books, videos **Post Move** SOCIAL / ACTIVITIES MEDICAL **SCHOOL** Register & visit ☐ Visit new potential Research local new school **Pediatricians** sports/activities (before they ☐ Visit local parks & get sick!) library to meet new friends ☐ Sign-up for local mom groups (including on social media)