



MOVING INTERNATIONALLY WITH CHILDREN

An international relocation can be a stressful period that often pushes our children's needs to the sideline. Transitioning into a new home, a new routine & a new school takes patience & time. Follow our proven strategies below in order to ease the transition:

Involve your children early on in the process



Take your children on look-see trips or take pictures & videos for them



Explore your new area online via Google Street View



Allow them to label & pack their favorite belongings



Read age-appropriate children's books about moving



Make your children the documenters of your international relocation & create collages, videos or mixed media projects after arrival

Ensure time for proper goodbyes



Plan a goodbye party with your children



Encourage the use of video-chat tools to stay in touch with friends & family



Take pictures of everyday routines, places & people before leaving



Give your children an address book

Find the right timing for your move

Move **before** school begins

Allow for **jet lag to settle** before school routines start - ideally **2 weeks prior**

Do not move at the **beginning of a long school vacation** - boredom in a new place will **increase homesickness**

Help your children get adjusted



Keep old routines wherever possible & establish new ones quickly



Set up your children's room first to establish a sense of home



Ask the school if they offer a buddy system for better integration



Enroll your children in extra-curricular activities



Share your feelings & emotions



Plan a "bucket-list" of activities & places you would like to see together

Aperian Global has helped over 16,000 international assignees and their families to prepare for living and thriving in another culture.

Learn more about our solutions here: www.aperianglobal.com/solutions/global-mobility