

10 Essential Tips for Moving Abroad With Kids





Hello & Welcome, Mamas

We're so glad you're here and curious to learn more about MovingWhere. Our community is all about empowering, connecting, and supporting mothers raising children in foreign countries. We understand the unique joys and challenges of expat motherhood, and we're here to help you navigate it all—whether you're looking for playgroups, local tips, parenting advice, or simply a space to feel seen and understood. Together, we're building a global network where moms like you can thrive, share, and grow. Thank you for considering joining us on this incredible journey!

Your fellow mamas

10 Essentials Tips

Moving to a new country is exciting but challenging with kids.

At MovingWhere, we help you thrive where life takes you.

Here are ways to make the transition easier and more enjoyable!



1

Involvement your kids from the start

Children cope better with big changes when they feel included. Share the news with them early, explain why you're moving, and highlight the exciting aspects of the new country. Show them pictures, videos, and fun facts about your destination to build enthusiasm. Listen to their fears and concerns, and reassure them every step of the way.

2

Research schools & childcare options

Start researching schools or daycare options as soon as possible. Consider language barriers, teaching styles, and proximity to your new home. Schedule virtual tours or consultations to find the best fit for your child's needs. Seek advice from other parents who have navigated similar transitions—their insights can be invaluable.

3

Pack smart for kids

Create a "kid essentials" bag for the journey with their favorite toys, snacks, and comfort items like a blanket or stuffed animal. For the long haul, prioritize sentimental items and daily necessities in your shipping boxes. Familiar objects can provide a sense of security during the move.

4

Prepare for the cultural shift

Help your kids learn about their new home's culture, language, and traditions. Watch movies, read books, or cook local dishes together. This preparation can make the adjustment less daunting and more exciting. Be ready for a rollercoaster of emotions and offer support as they navigate this big change.



5 Visit pediatricians before the move

Schedule a health check-up before leaving and ensure your kids are up to date on vaccinations. Obtain their medical records and ask your pediatrician for advice on staying healthy in the new environment. If you or your child needs medication, bring an extra supply and confirm how accessible it will be in your new city.

6 Organize legal documents

Ensure all necessary paperwork is in order, including passports, visas, and birth certificates. Keep copies handy and store digital backups in a secure cloud service. Being organized can save you time and stress during the move.

7 Find family-friendly housing

Look for a home in a safe neighborhood with family-friendly amenities like parks, schools, and healthcare nearby. Check for features like childproof layouts, green spaces, and walkability. Seek recommendations from local families to ensure your new home meets your unique needs.

8 Connect with other moms

Join MovingWhere before you arrive. Building a support system early can make the move less isolating and help you tap into valuable local insights. MovingWhere is here to help you find your community before and after you arrive.

9 Keep routines as consistent as possible

Maintaining familiar routines helps kids adjust more easily. Stick to bedtime rituals, meal times, and play schedules to provide stability during the transition. While local customs may differ, adapt in ways that work best for your family's comfort.

10 Embrace the adventure together

Moving abroad is a unique opportunity for growth and bonding. Involve your kids in exploring your new city, trying new foods, and learning the language. Celebrate small victories as a family. For older kids, encourage journaling their experiences to help them process the journey and capture memorable moments.



You've Got This, Mama!

Remember, while moving abroad can be challenging, it's also an incredible opportunity for your family to grow together. With these tips, you'll be ready to handle anything that comes your way—and make amazing memories in the process. Mamas at MovingWhere are here to guide you in your transition.

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