

RELOCATING YOUR FAMILY?



The stress and fears of moving can impact children more than you might think, both in the short- and long-term future.

What to Consider?

AGE

- ▶ The age of children when moving matters, with greater impacts between ages 6-10.
- ▶ These effects can last for years and even lower future earning potential by 44%.
- ▶ Moving is associated with a setback or decrease in a child's social skills as well.
- ▶ Kids over the age of five have increased difficulty leaving behind friends and settling in.
- ▶ Within this age group, there is also an increase in emotional and behavioral problems.
- ▶ Studies show moving children newborn to age 5 results in reduced long-term impact.



FREQUENCY

- ▶ Three or more moves in early childhood can be particularly disruptive.
- ▶ This age is crucial for skill development and moving can alter important milestones.
- ▶ Kids who move frequently are more likely to report feeling unhappy and dissatisfied.
- ▶ The more moves as children, the more likely adults were to report lower life satisfaction and psychological well-being.
- ▶ They also had fewer quality social relationships as adults.
- ▶ Personality matters; introverted kids fare worse than extroverted.



SCHOOL

- ▶ Adapting to a new school can be detrimental to growth and hinder progress in school.
- ▶ This carries over to academic career success as well as social career.
- ▶ School moves have unique and slightly stronger effects on emotions than residential.
- ▶ They are associated with effects on children's cognitive skills as well.
- ▶ Studies suggest this is caused by the disruption to the important role school plays in stabilizing the lives of children.
- ▶ Findings confirm waiting until the school year is over is ideal for stability.

NEIGHBORHOOD

- ▶ Researchers found evidence that a child's neighborhood matters for long-run outcomes.
- ▶ Moving from a neighborhood with a high level of poverty to one with a lower level is associated with reductions in the prevalence of extreme obesity and diabetes.
- ▶ The data showed these kids were more likely to go to college as well.
- ▶ There's also a lower chance of adverse outcomes like teen pregnancy and incarceration.
- ▶ The more impoverished the neighborhood, the greater potential of economic effects.
- ▶ For instance, moving to a lower-poverty neighborhood before the age of 13 was linked to a 30% increase on average in future earnings.



Ways to Prepare Your Children for a Move



Share the news early.

You want to give kids a chance to ask questions and express concerns.



Acknowledge their emotions.

Big changes can make them feel angry, sad or afraid and that's okay.



Get them involved in the move.

You want to give kids a chance to ask questions and express concerns.



Take a trip to the new town.

Exploring what there is to do and see helps them get past the unknown.



Check-in with your children

Do so frequently leading up to the move, during and afterwards.



Visit your old hometown once in a while.

Stopping by favorite places or seeing old friends may help with the sense of loss.