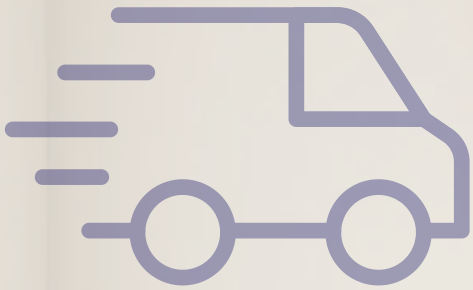


# Moving with children: a practical guide for a stress-free **INTERNATIONAL RELOCATION**



Plan your international move with kids  
—smoothly and confidently



# A NEW FAMILY CHAPTER, without stress

Moving abroad with children can feel like an emotional rollercoaster. Adjusting to a new environment, school, language, and culture goes far beyond packing boxes.

At **DLF International Movers**, we've spent years helping families carry out safe, smooth, and human-centered international relocations. Every move is a family journey filled with excitement... and challenges.

That's why we've created this **free guide with practical advice** to help make your transition a positive experience for both adults and children.

Get ready to take the next step with **DLF**.



**Your family deserves a new start without stress!**



## BEFORE THE MOVE

### Prepare, communicate & plan



#### TALK TO YOUR CHILDREN (THE SOONER, THE BETTER)

Explain the move honestly and with optimism. Show them it's not a loss, but a **new adventure**. Adjust the message by age, address their concerns, and give them space to express how they feel.



#### CREATE A FAMILY MOVING PLAN

Use a **visual calendar** that includes your kids. Let them help: label boxes, pick their favorite toys to bring, or pack their own backpack.



#### **DLF EXTRA TIP:**

Prepare a folder with all **essential documents**: passports, vaccination records, school transcripts, and entry requirements for the destination country.





## DURING THE MOVE

### Organization and safety



#### EMERGENCY TRAVEL KIT FOR KIDS

Keep key items on hand: favorite toys, tablet, snacks, spare clothes, and **comfort objects** (like a blanket or stuffed animal).

This helps provide stability during the trip.

#### ⚠ SAFETY FIRST

Avoid having kids around loading areas or moving trucks. If possible, leave them with a trusted adult while the main move takes place.



#### MAKE IT AN EXPERIENCE

Turn the move into a **mini adventure**. Talk about your destination, its customs, and even learn a few key words in the local language together.





## AFTER THE MOVE

### Adjusting to the New Home



#### CREATE FAMILIAR SPACES FROM DAY 1

Start by unpacking your children's room. **Set up their personal items quickly** so they feel a sense of belonging.

#### EXPLORE THE NEIGHBORHOOD TOGETHER

**Take a walk** to the park, school, or a nearby store. Exploring together helps build confidence and familiarity with the new environment.



#### REINFORCE ROUTINES

**Keeping similar schedules** to your home country can help your kids adapt more quickly to their new life.





## THEN...



### Why choose **DLF** for your family's International move?

We are experts in customized **international relocations** for families.

- ✓ End-to-end support with **logistics, paperwork, and insurance**
- ✓ Focus on **safety, care**, and the **emotional wellbeing** of your family
- ✓ Decades of **experience supporting moves** from start to finish

## MOBILITY SERVICES



### For Expatriate Families

At **DLF International Movers**, we do more than move your belongings — we help you build a new life.

Our team specialised in **expatriation, relocation and international immigration** accompanies families and professionals through every step of the moving process. These are some of the comprehensive services we offer to ensure a successful transition:

#### 1. HOME SEARCH AND MOVE-IN COORDINATION



We ensure a **comfortable and quick installation** in the country of destination.

- ✓ **Personalized needs analysis** and ideal location assesment.
- ✓ **Property visits** and **rental/purchase negotiation**
- ✓ **Full coordination** of your home relocation





## SCHOOL SEARCH FOR CHILDREN AND TEENS



Choosing the **right school** is key to a successful adaptation.

- ✓ **School research and academic fit assessment**
- ✓ **Visit coordination and assistance with enrollment**
- ✓ **Documentation and paperwork management**



## 3. INTERCULTURAL AND LANGUAGE TRAINING

Adapting to a **new culture** begins with understanding its codes.



- ✓ **Evaluation** of family's cultural-linguistic level
- ✓ **Tailored language classes** for children and adults
- ✓ **Cultural shock workshops and integration support**



## 4. PROFESSIONAL SUPPORT FOR SPOUSES OR FAMILY MEMBERS

We help the whole family feel useful and connected from the start.



- ✓ **Career profile analysis and CV adaptation**
- ✓ **Networking and job search** in the new country
- ✓ **Interview prep** in another language or **cultural setting**

All our services are designed to make your **international move much more than a change of address: it is a smooth, humane and personalised transition.**

📄 **Download this guide and start your **move with peace of mind****

Planning an international relocation with your family?

Click the button below and get ready to move with security, confidence, and expert guidance.

<https://dlfspain.com/en/guide-moving-with-children>

