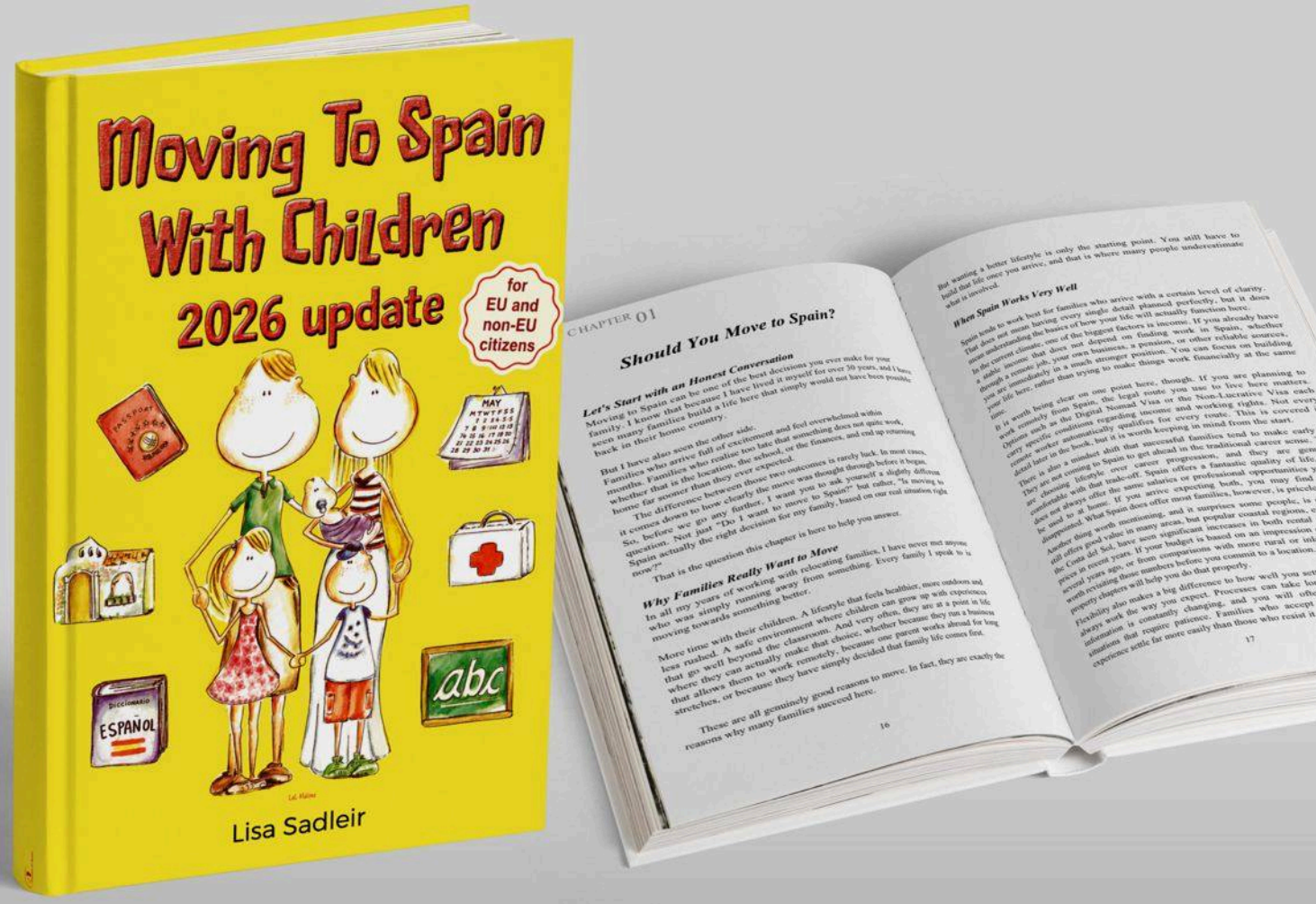
Moving to Spain With Children

Second edition · 2026 update

LISA SADLEIR

JOB	Reformat · cover resize
TRIM	6 × 9 in · 179 pages
FORMATS	Paperback · Kindle
PLATFORMS	Amazon KDP · IngramSpark
DELIVERED	August 2026



A trusted guide, updated for 2026, with a layout that *fell apart.*

WHAT CAME IN

A 2026 update of a well-loved relocation guide. Its draft layout had lines printing on top of each other, words running together, and headings in mixed styles.

WHAT I DID

I reformatted all 179 pages to KDP and IngramSpark standards, built a clean heading system and a three-level contents page, and resized the cover to each printer's template.

HEADING SYSTEM

CHAPTER 01

Should You Move to Spain?

Let's Start with an Honest Conversation

Why Families Really Want to Move

SAME PAGE 19, BEFORE AND AFTER



many of them, the move becomes an exciting adventure fairly quickly. But older children, and especially teenagers, often find it harder. Leav… friends, changing schools, and navigating a new social environment … age when belonging already feels fragile can be genuinely difficult. … does not mean it cannot work, because it absolutely can, but it does mea… that the timing of your move and the school choices you make deserve very careful thought.

The education chapter covers all of this in detail. But even at this stage, it is worth asking yourself honestly how your children are likely to respond, and whether you have thought through what support they might need during the transition.

If you are a single parent, it is also worth flagging here that some aspects of the process carry additional layers of complexity. School registration, healthcare, and certain bureaucratic procedures can require documentation relating to both parents, even when one parent is not part of the move. Knowing this in advance means you can prepare the right paperwork before you leave, rather than encountering delays after you arrive.

The Gap Between Holiday and Real Life

This may sound obvious, but I would not be doing my job properly if I did not mention it. There is a real difference between visiting Spain and living here.

On holiday, everything feels new and exciting. The weather is good, the pace is relaxed, meals are enjoyable, and life feels exactly as you imagined it should be. Living here includes all of that, but it also includes the everyday realities. School runs, work commitments, paperwork, bills, and the occasional situation that does not go to plan.

Understanding this before you move makes a huge difference to how you adjust once you arrive.

The Questions Worth Asking Yourself Now

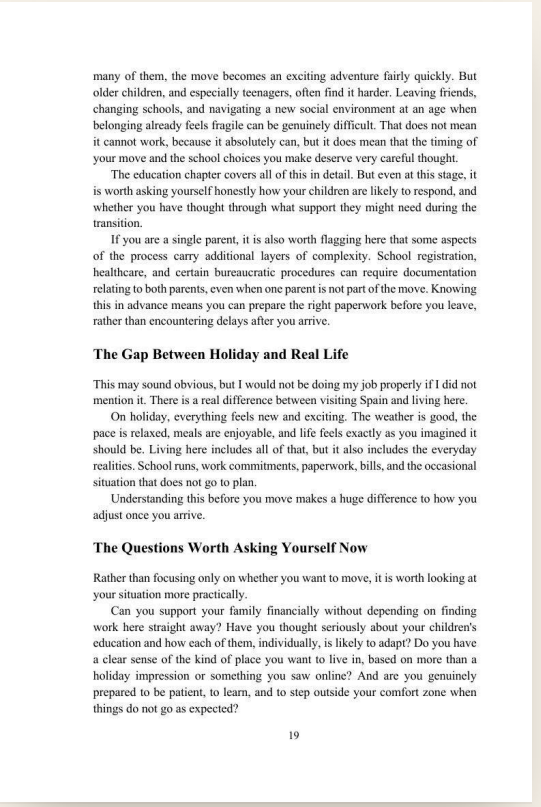
Rather than focusing only on whether you want to move, it is worth looking at your situation more practically.

Can you support your family financially without depending on finding work here straight away? Have you thought seriously about your children's education and how each of them, individually, is likely to adapt? Do you have a clear sense of the kind of place you want to live in, based on more than a holiday impression or something you saw online? And are you genuinely prepared to be patient, to learn, and to step outside your comfort zone when things do not go as expected?

19

BEFORE

Lines print over each other; headings in mixed italic styles.



many of them, the move becomes an exciting adventure fairly quickly. But older children, and especially teenagers, often find it harder. Leaving friends, changing schools, and navigating a new social environment at an age when belonging already feels fragile can be genuinely difficult. That does not mean it cannot work, because it absolutely can, but it does mean that the timing of your move and the school choices you make deserve very careful thought.

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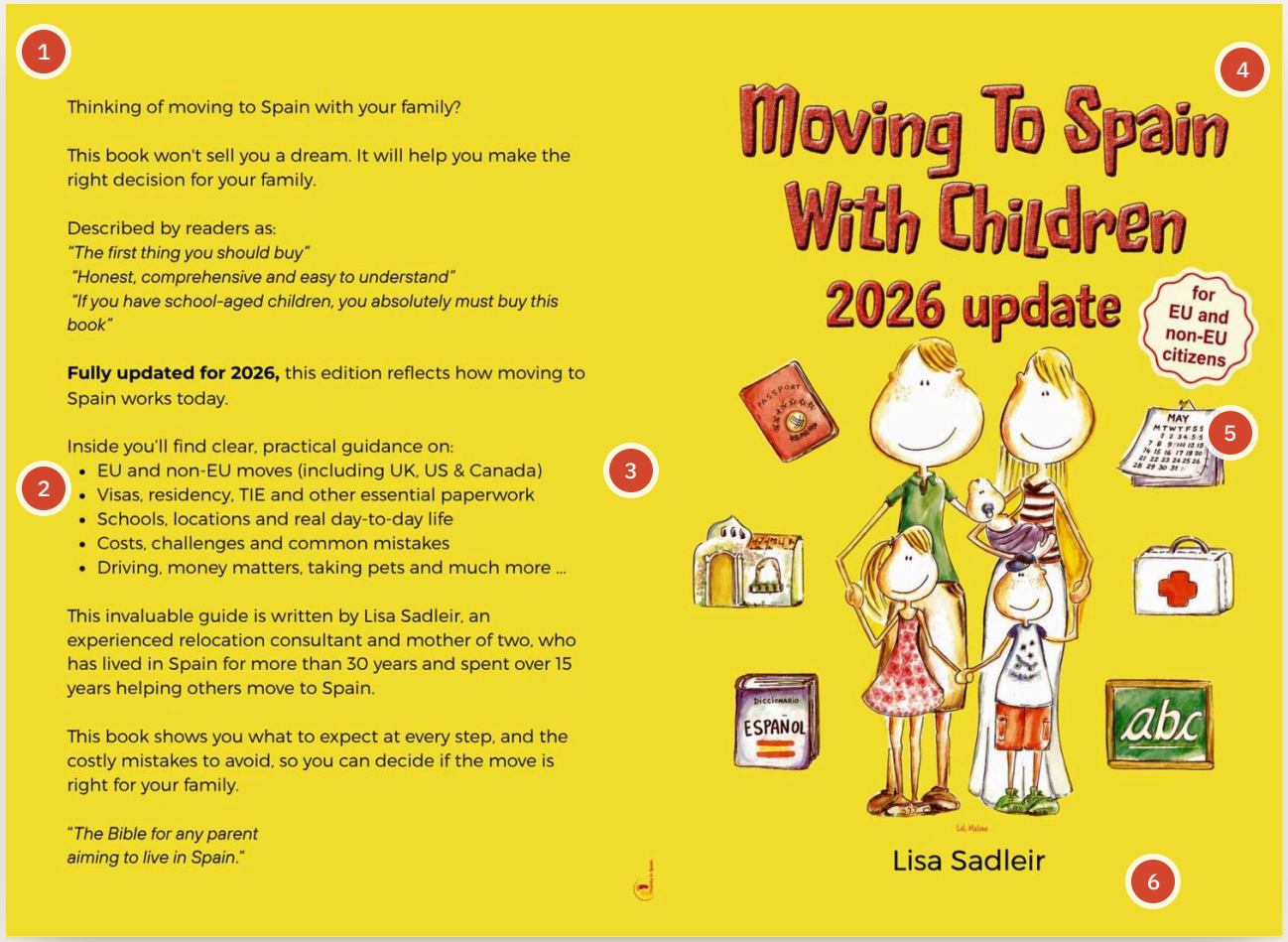
Can you support your family financially without depending on finding work here straight away? Have you thought seriously about your children's education and how each of them, individually, is likely to adapt? Do you have a clear sense of the kind of place you want to live in, based on more than a holiday impression or something you saw online? And are you genuinely prepared to be patient, to learn, and to step outside your comfort zone when things do not go as expected?

19

AFTER

Clean spacing, indented paragraphs, one heading style.

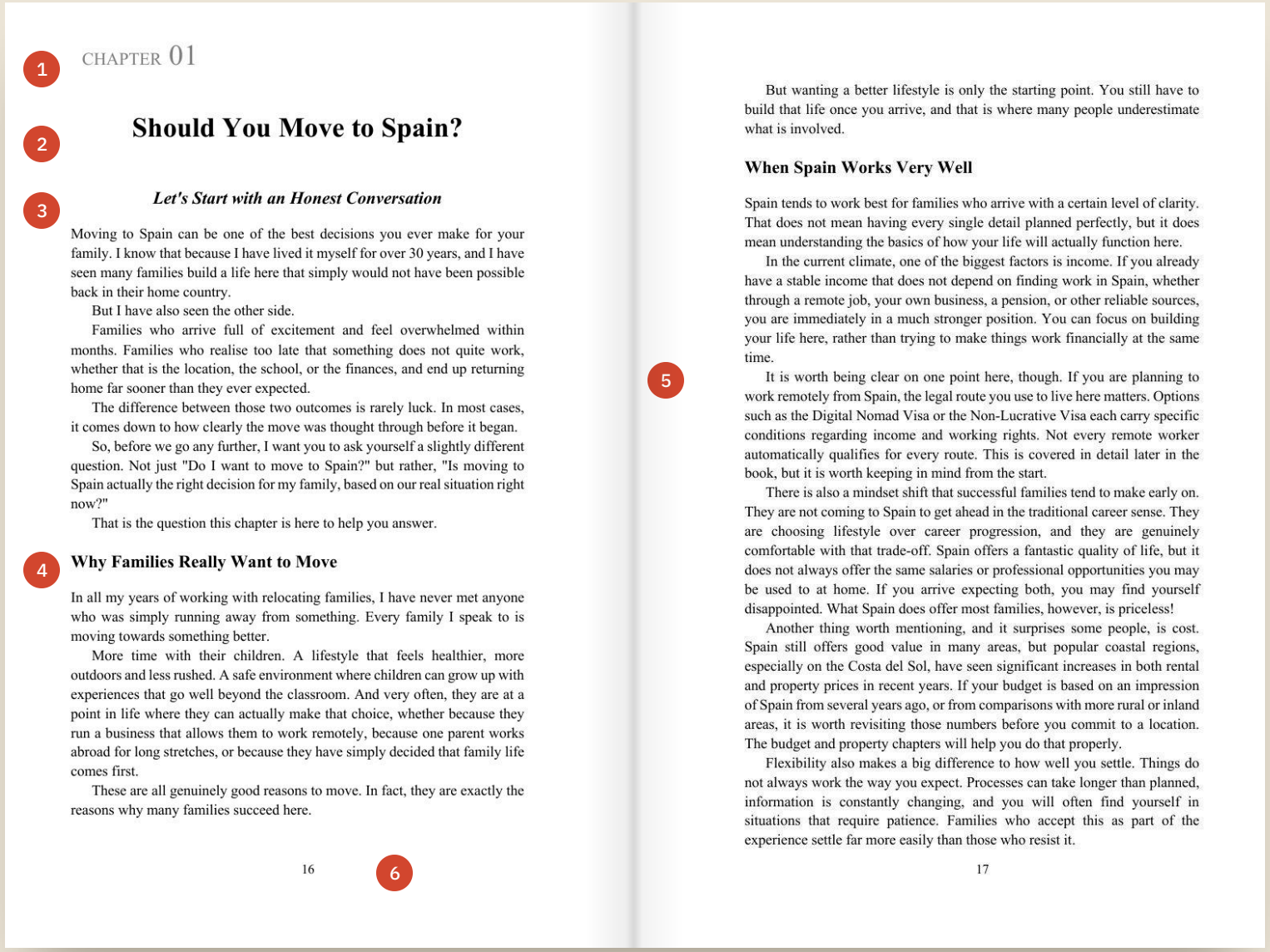
The same cover, fitted to two printers.



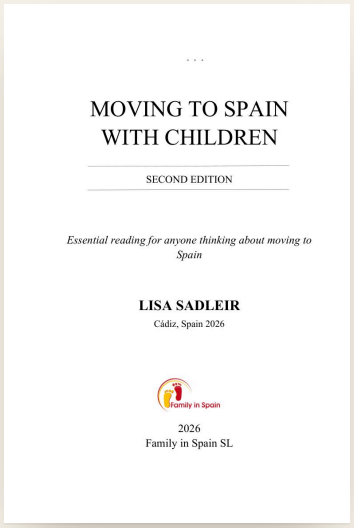
1. **Back-cover hook**
   Short opening lines and reader quotes, re-set to fit the 6 × 9 back.
2. **Bullet list**
   What's inside, kept clear of the trim and barcode area.
3. **Spine**
   Sized from the page count: 0.394 in on the KDP template.
4. **Title and "2026 update"**
   The author's lettering, kept sharp.
5. **EU badge**
   Kept inside the safe zone.
6. **Two templates**
   KDP 12.644 × 9.25 in and IngramSpark 12.739 × 9.25 in, each built separately.

A guide you can *scan*, not just read.

1. **Chapter label**
   Small grey caps with a large number.
2. **Chapter title**
   Bold and centred, the strongest line on the page.
3. **Opening subtitle**
   Bold italic, used once per chapter.
4. **Section headings**
   One bold style, so readers can find "Visas" or "Schools" fast.
5. **Body text**
   Justified, with first-line indents and no lines printing over each other.
6. **Folios**
   Page numbers that match the contents page.



179 pages, one consistent structure.



MOVING TO SPAIN
WITH CHILDREN

SECOND EDITION

Essential reading for anyone thinking about moving to Spain

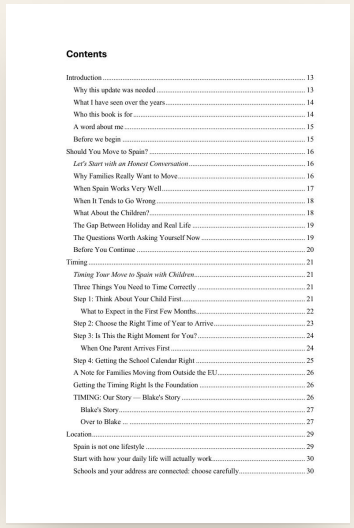
LISA SADLEIR
Cádiz, Spain 2026

Family in Spain

2026
Family in Spain SL

TITLE PAGE

Large caps title with a ruled "Second Edition" line.

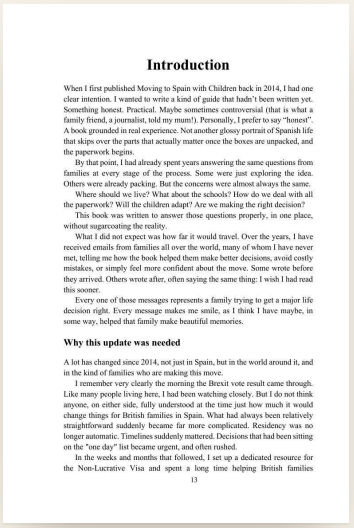


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Three levels with dot leaders, across 8 pages.



Introduction

When I first published Moving to Spain with Children back in 2014, I had one clear intention. I wanted to write a kind of guide that hadn't been written yet. Something honest. Practical. Maybe sometimes controversial (that is what a family friend, a journalist, told my mum!). Personally, I prefer to say "honest". A book grounded in real experience. Not another glossy portrait of Spanish life that skips over the parts that actually matter once the boxes are unpacked, and the paperwork begins.

By that point, I had already spent years answering the same questions from families at every stage of the process. Some were just exploring the idea. Others were already packing. But the concerns were almost always the same.

Where should we live? What about the schools? How do we deal with all the paperwork? Will the children adapt? Are we making the right decision?

This book was written to answer those questions properly, in one place, without sugarcoating the reality.

What I did not expect was how far it would travel. Over the years, I have received emails from families all over the world, many of whom I have never met, telling me how the book helped them make better decisions, avoid costly mistakes, or simply feel more confident about the move. Some wrote before they arrived. Others wrote after, often saying the same thing: I wish I had read this sooner.

Every one of those messages represents a family trying to get a major life decision right. Every message makes me smile, as I think I have maybe, in some way, helped that family make beautiful memories.

Why this update was needed

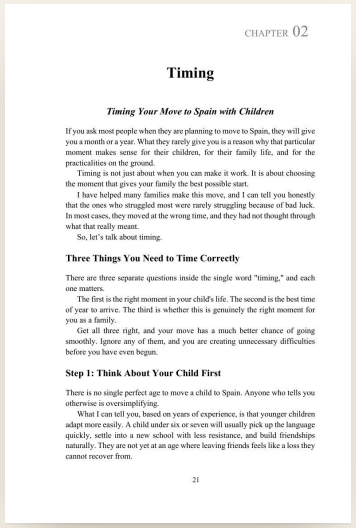
A lot has changed since 2014, not just in Spain, but in the world around it, and in the kind of families who are making this move.

I remember very clearly the morning the Brexit vote result came through. Like many people living here, I had been watching closely. But I do not think anyone, on either side, fully understood at the time just how much it would change things for British families in Spain. What had always been relatively straightforward suddenly became far more complicated. Residency was no longer automatic. Timelines suddenly mattered. Decisions that had been sitting on the "one day" list became urgent, and often rushed.

In the weeks and months that followed, I set up a dedicated resource for the Non-Lucrative Visa and spent a long time helping British families

INTRODUCTION

Front matter flows straight into the guide.



CHAPTER 02

Timing

Timing Your Move to Spain with Children

If you ask most people when they are planning to move to Spain, they will give you a month or a year. What they rarely give you is a reason why that particular moment makes sense for their children, for their family life, and for the practicalities on the ground.

Timing is not just about when you can make it work. It is about choosing the moment that gives your family the best possible start.

I have helped many families make this move, and I can tell you honestly that the ones who struggled most were rarely struggling because of bad luck. In most cases, they moved at the wrong time, and they had not thought through what that really meant.

So, let's talk about timing.

Three Things You Need to Time Correctly

There are three separate questions inside the single word "timing," and each one matters.

The first is the right moment in your child's life. The second is the best time of year to arrive. The third is whether this is genuinely the right moment for you as a family.

Get all three right, and your move has a much better chance of going smoothly. Ignore any of them, and you are creating unnecessary difficulties before you have even begun.

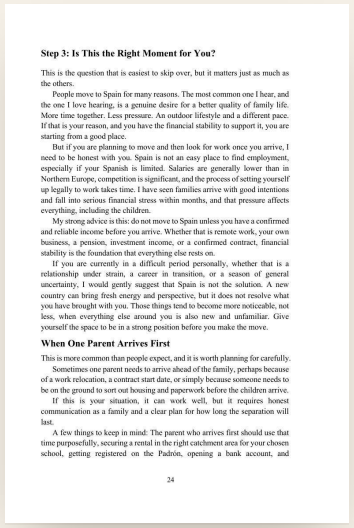
Step 1: Think About Your Child First

There is no single perfect age to move a child to Spain. Anyone who tells you otherwise is oversimplifying.

What I can tell you, based on years of experience, is that younger children adapt more easily. A child under six or seven will usually pick up the language quickly, settle into a new school with less resistance, and build friendships naturally. They are not yet at an age where leaving friends feels like a loss they cannot recover from.

CHAPTER OPENER

The same label, title and subtitle every time.



Step 3: Is This the Right Moment for You?

This is the question that is easiest to skip over, but it matters just as much as the others.

People move to Spain for many reasons. The most common one I hear, and the one I love hearing, is a genuine desire for a better quality of family life. More time together. Less pressure. An outdoor lifestyle and a different pace. If that is your reason, and you have the financial stability to support it, you are starting from a good place.

But if you are planning to move and then look for work once you arrive, I need to be honest with you. Spain is not an easy place to find employment, especially if your Spanish is limited. Salaries are generally lower than in Northern Europe, competition is significant, and the process of setting yourself up legally to work takes time. I have seen families arrive with good intentions and fall into serious financial stress within months, and that pressure affects everything, including the children.

My strong advice is this: do not move to Spain unless you have a confirmed and reliable income before you arrive. Whether that is remote work, your own business, a pension, investment income, or a confirmed contract, financial stability is the foundation that everything else rests on.

If you are currently in a difficult period personally, whether that is a relationship under strain, a career in transition, or a season of general uncertainty, I would gently suggest that Spain is not the solution. A new country can bring fresh energy and perspective, but it does not resolve what you have brought with you. Those things tend to become more noticeable, not less, when everything else around you is also new and unfamiliar. Give yourself the space to be in a strong position before you make the move.

When One Parent Arrives First

This is more common than people expect, and it is worth planning for carefully.

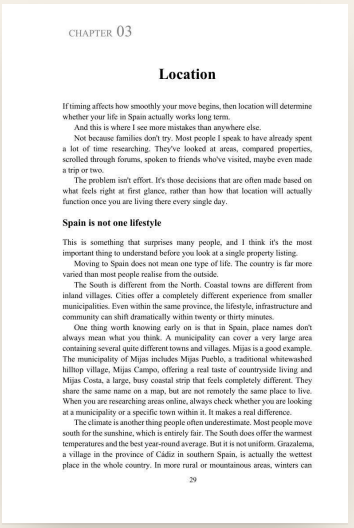
Sometimes one parent needs to arrive ahead of the family, perhaps because of a work relocation, a contract start date, or simply because someone needs to be on the ground to sort out housing and paperwork before the children arrive.

If this is your situation, it can work well, but it requires honest communication as a family and a clear plan for how long the separation will last.

A few things to keep in mind: The parent who arrives first should use that time purposefully, securing a rental in the right catchment area for your chosen school, getting registered on the Padrón, opening a bank account, and

STEP HEADINGS

Numbered steps stand out in long chapters.



CHAPTER 03

Location

If timing affects how smoothly your move begins, then location will determine whether your life in Spain actually works long term.

And this is where I see more mistakes than anywhere else.

Not because families don't try. Most people I speak to have already spent a lot of time researching. They've looked at areas, compared properties, scrolled through forums, spoken to friends who've visited, maybe even made a trip or two.

The problem isn't effort. It's those decisions that are often made based on what feels right at first glance, rather than how that location will actually function once you are living there every single day.

Spain is not one lifestyle

This is something that surprises many people, and I think it's the most important thing to understand before you look at a single property listing.

Moving to Spain does not mean one type of life. The country is far more varied than most people realise from the outside.

The South is different from the North. Coastal towns are different from inland villages. Cities offer a completely different experience from smaller municipalities. Even within the same province, the lifestyle, infrastructure and community can shift dramatically within twenty or thirty minutes.

One thing worth knowing early on is that in Spain, place names don't always mean what you think. A municipality can cover a very large area containing several quite different towns and villages. Mijas is a good example. The municipality of Mijas includes Mijas Pueblo, a traditional whitewashed hilltop village, Mijas Campo, offering a real taste of countryside living and Mijas Costa, a large, busy coastal strip that feels completely different. They share the same name on a map, but are not remotely the same place to live. When you are researching areas online, always check whether you are looking at a municipality or a specific town within it. It makes a real difference.

The climate is another thing people often underestimate. Most people move south for the sunshine, which is entirely fair. The South does offer the warmest temperatures and the best year-round average. But it is not uniform. Grazalema, a village in the province of Cádiz in southern Spain, is actually the wettest place in the whole country. In more rural or mountainous areas, winters can

NEXT CHAPTER

Every chapter starts on a fresh page.



CASE 07 · WHAT THE AUTHOR RECEIVED

Ready for both printers, and for Kindle.

FILE	USE
Paperback interior · 6 × 9 PDF	KDP + Ingram
KDP cover wrap · 12.644 × 9.25 in	KDP print
IngramSpark cover wrap · 12.739 × 9.25 in	Ingram print
Kindle eBook file	Kindle
Editable Word master	Future updates
Interior + cover mockups	Launch

This guide gets a new edition when the rules change. A clean, editable master means next year's update is quick.

YOUR BOOK NEXT

Send me the manuscript. *I'll handle the rest.*

TO GET A QUOTE, MESSAGE ME WITH

01 Your word count

02 Genre and audience

03 Formats you want (ebook, paperback, hardcover)

04 Your target launch date