No one enjoys the hassles and headaches of moving from one location to another. Perhaps the negative energy related to such a difficult task can be redirected into some positive outlets. Involve the whole family in an effort to turn this move into a well-oiled machine.

♦ **Mobilize:** as soon as the need to move is realized, have a family meeting. The purpose of this meeting will be twofold: (1) to discuss the move itself – where are you going? why? what is it like there? Teens especially may have many questions that need to be answered and concerns that need to be listened to, (2) to mobilize the family unit for this upcoming project.

♦ **Organize:** try to make as detailed a list of all things that need to be done between now and the move; of course, this list will not be complete and will get longer at future meetings. Visit your post office to obtain change of address procedures; a local moving company may have additional information on packing and transporting your furniture and valuables.

♦ **Value:** based on each family member’s abilities and talents, assign each person to be in charge of some aspect of the move. Give each person a fancy title (e.g., “Director of Box Acquisition” or “Executive List-Maker”) and discuss a time line when things should be done.

♦ **Engage:** schedule regular meetings from now until the move, perhaps once a week or more if necessary.

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**How will this activity promote the parent-teen relationship?**

The involvement of the entire family in this process should allow each individual member to feel more like a part of what is going on.

Regular family meetings will give members an opportunity to vent their frustrations or emotional responses to moving and will also allow the opportunity to build a bond by responding to each other’s needs.

Treating the move as a family task--accomplished together--may help soften the blow of leaving friends, and to focus on the more positive aspects.

**Don’t forget . . .**

Above all, this is an opportunity for the family to join together in a team effort. Parents, don’t turn this into an unenjoyable drill of some kind. Have fun with it and don’t let the stress overcome the relationships. Laugh together about funny events and join together to support each other when things don’t go quite right.