The need to move your family is sometimes very sudden. It might help to do as much planning as possible to get ready when it becomes necessary to relocate.

♦ **Moving:** Find out as much as you can about the new duty station, surrounding community, and schools before you get there.

♦ **Overseas:** Go to your transportation office and find out what your limitations are on your hold baggage. If possible, provide space for each family member to pack the things “they can’t live without.”

♦ **Welcome packet:** If you haven’t received it, ask for it!!!

♦ **Sponsor:** Ask for one! This applies to teens as well as service members.

♦ **Ask around:** Get information from co-workers (parents), friends, and acquaintances (parents and teens) who have been stationed there. But be cautious – different people like different things.

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

Finding out information about the new place and becoming familiar with the new surroundings and opportunities can reduce stress and anxiety.

Parents and teens can plan the things they want to see, do, and explore at the new place before they even get there.

By the time you arrive at the new place you should have enough information to know what to expect – but keep an open mind!

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### Check this out . . .

If you have access to a computer, there are a couple of web sites that can help you to get information about the new place:

- **Military Family Resource Center** ([http://mfrc.calib.com/links.htm](http://mfrc.calib.com/links.htm)) is a good site for all family members.

- **Teens on the Move** ([http://dticaw.dtic.mil/mtom/](http://dticaw.dtic.mil/mtom/)) provides teens with information, assistance, and sponsors when relocating.