Moving is stressful for all family members. Every one in the family needs to say good-bye to friends, as well as co-workers and fellow students.

♦ Special time needs to be set aside to say good-bye to friends. This applies for parents as well as teens.

♦ **Parent:** Be open-minded and show understanding. Let your teen spend some extra time with his or her friends. If your teen is involved in a serious relationship – TALK! Show some empathy and don’t brush it off as “puppy love” or “get over it – you’ll find someone new.”

♦ **Teen:** Many good jobs these days require employees and their families to move. It also has become more common for family members to move as the result of a divorce or a remarriage. This move may not be easy for your parents either. Try talking with your parents about your needs and feelings.

♦ Keep in touch with friends by having current addresses, e-mail, and phone numbers.

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

- It will show that you respect each others’ feelings about the move and leaving your friends behind.

- Established friendships can last even long distance.

- By keeping in touch with your friends after a move, you may be able to visit them on vacations.

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**Keep this in mind . . .**

Down the road, you might be living near each other again, so this might only be a temporary separation.

**Try this . . .**

Take something you’ve made (artwork, card, food) or grown (plants) to each of your special friends.