When a family is moving, there is a lot to do, often in only a little time. Here are some tips for helping your family during this experience.

♦ **Before:** If you have pack rats in your family – unclutter. Provide a “prize” for the person who will donate, or if necessary, get rid of enough stuff to fill a box of a particular size.
♦ If you move overseas, be sure to talk about the things you will need to leave behind so nobody will feel that they are treated unfairly.
♦ Work together to get ready for the move. Organize your things before the packers arrive so you know where things are, what to take, and what to leave behind.
♦ Set things aside you want to take with you – make sure it will all fit in the car(s) or suitcases.

♦ **During:** Be there to support each other. Set time aside, in the evenings to go out and eat as a family or visit with friends. Most important – BE THERE FOR EACH OTHER.
♦ Have one person watch over the things that you will take with you, so they will not get packed accidentally.
♦ **After:** Celebrate the accomplishment of a successful move together and don’t stop supporting each other in these difficult first days in a new place.

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

If you make arrangements as a family, everybody will have some responsibility and decision making power. During the move, this might help reduce stress, and provide some feeling of control.

Parents and teens will work together on what to take and what to leave behind, so nobody will feel left out.

By preparing well, working as a team, and supporting each other, the move might be less stressful.

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**Don’t forget . . .**

- Make sure your trip is prepared well by planning together, regardless if you drive or fly.
- Make travel arrangements together such as planning the route, who will drive what car and when, or who will provide transportation to the airport.
- If you have pets, make the necessary arrangements.

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Developed by Auburn University, in collaboration with USDA, DoD, and Va Tech under USDA Agreement No. 99-EXCA-3-0823.

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