



Moving With Teenagers



Moving with teenagers presents its own set of challenges & considerations. Here are some tips & tricks to help make the process smoother

- 1. Open Communication:** Moving for a teen can be very challenging emotionally for them. Keep lines of communication open with your teenagers throughout the moving process. Involve them in decision-making and listen to their concerns and preferences regarding the move. Make sure you write down their concerns so you can address them all.
- 2. Acknowledge Their Feelings:** Recognize that moving can be especially difficult for teenagers who may have established friendships and routines. Validate their feelings of sadness, anxiety, or excitement about the move. Help them work through their feelings and brainstorm solutions with them.
- 3. Provide Information:** Keep your teenagers informed about the reasons for the move and what to expect in the new location. Research and share information about the new neighborhood, schools, and opportunities available to them. Have them look up where things are so they can be more empowered and have confidence moving into the new home.
- 4. Involve Them in Planning:** Empower your teenagers by involving them in the planning and organization of the move. Allow them to participate in tasks such as packing, decluttering, and decorating their new room. When possible let your teenager paint their new room in a color they pick. This will give them a place to claim and feel a sense of pride over their new room and safe place.
- 5. Respect Their Privacy:** Respect your teenagers' need for privacy during the moving process. Allow them space to process their emotions and adjust to the changes at their own pace. You will not be able to solve all their problems for them and they will have to figure it out themselves.
- 6. Stay Positive:** Maintain a positive attitude about the move and emphasize the opportunities and adventures that await in the new location. Encourage your teenagers to approach the move with an open mind and a sense of curiosity. Your mood and excitement toward the move will be contagious.
- 7. Maintain Routines:** Try to maintain familiar routines and activities as much as possible during the move to provide stability and a sense of normalcy for your teenagers. Also add a new and exciting tradition at your new home to create some new positive memories.
- 8. Stay Connected:** Help your teenagers stay connected with friends and family during the move. Encourage them to exchange contact information and stay in touch through social media, messaging apps, or video calls. Collect addresses of their friends as well in case your kids want to mail anything like birthday cards for example.
- 9. Explore Together:** Take time to explore the new area with your teenagers once you've settled in. Discover local attractions, parks, and hangout spots together to help them feel more connected to their new surroundings.
- 10. Encourage Involvement:** Encourage your teenagers to get involved in extracurricular activities, clubs, or community events in the new location. This can help them meet new people and build a sense of belonging. Look at social media groups in your community for things they could get involved in.



Moving With Teenagers



By implementing these tips and tricks, you can help make the moving process a positive and empowering experience for your teenagers, fostering resilience and adaptability as they transition to their new home.

Continued...

- 11. Respect Their Independence:** Recognize that teenagers crave independence and autonomy. Give them opportunities to make decisions and explore their new environment on their own terms. Be available to them however when they do want you to be involved and be willing to drop unpacking to spend time with them.
- 12. Plan Fun Outings:** Organize fun outings or activities for your teenagers to enjoy in the new area. Whether it's trying out a new restaurant, visiting a local museum, or attending a community event, create opportunities for them to make positive memories.
- 13. Be Patient:** Be patient and understanding as your teenagers adjust to the changes. It may take time for them to feel comfortable and settled in their new home and community. If they act out of character during this time period it is totally normal and so be supportive of them.
- 14. Take Pictures:** Time passes too fast and remembering your old home and new memories in your new home need to be documented. Taking pictures with your teenager and all their friends before they go will make moving away a little easier without losing completely those memories for them.

