

Don't Have a Cow, Dude! Children and Teens on the Move

An excerpt from *29 Days to a Smooth Move* (www.29DaystoSmoothMove.com)

Let's face it – moving isn't just about you. If you share the house with a spouse or some offspring, it's about them too.

Moving upsets routines and balances. It causes a slew of emotions to emerge. From tykes to teens, kids feel the stress of a move just as much, if not more, than adults. They frequently feel their world is being spun out of control.

Some typical reactions:

- ✓ “I finally got the lead in the school play – and you're saying we're moving?”
- ✓ “I finally made the cheerleading squad – and you're making me move?”
- ✓ “I finally got a girlfriend – and we're moving?”

But, there's no question about it – you're moving. Even though you're making the final decision, don't run roughshod over your children's feelings.

Breaking the News

First, break the news to family members gently. Tell them what they need to know and what will help them understand the reason for the move.

They may not like it, but your reasoning will help them understand the purpose behind the turmoil. You know your kids and probably have a good idea how they'll react – rehearse how you'll break the news, what you'll tell them and what you can do to make the situation easier for them.

Easy With the Young Kiddies

If you have very young children, you've been given a nice break and little less trauma to deal with. The youngest children only need to know that Mommy and Daddy have to move to a new workplace or a new town, or to be closer to an older relative. Home is everything to very young children – to lessen their anxiety, you may want to put off telling them until you have to begin packing.

For elementary school children, alert the teacher of your upcoming move in case your kid's friends and class would like to say a formal goodbye to their mate.

Also, reassure your kids with the fact that they will be able to keep in touch with their buddies through e-mail, letters and the phone. If your move doesn't take you too far away, establish a “visit weekend” and invite your child's friends to visit the new locale.

And lend a helping hand to establish new relationships for your child. Contact your new community's school principal to see if there are any children your kid's age who would e-mail your youngin' and maybe show him or her the ropes on the first couple days of class.

Brace Yourself For The Teens

Older children and young teens need – and deserve – to know more. Although they may not like it, eventually they can understand the reasons for the move.

For older children, here's one way to handle the news in the least spastic way possible:

- ✓ After uttering the words “We're moving,” be prepared to back up your announcement with a list of advantages to the new location, such as a better school, new sports or a huge mall. (But don't go overboard. Is the phrase “Gag me with a spoon, Mom!” still around?)

- ✓ Be ready for some shrill screaming, sullen silences and stomping scenarios – kids don't take change lightly.
- ✓ Keep your chin – and spirits – up. Hopefully your attitude will be catching.
- ✓ Arrange a tour or at least a drive-by of their new school and other areas where they may be hanging out, like the YMCA and baseball fields.
- ✓ Keep your kids up to date on plans and tasks, and, to the greatest extent possible, involved. Let them help make some of the decisions and even take them house hunting with you, if you can.
- ✓ Show children your new home in advance of the move or at least as soon as you arrive. Help them pick out their room so they can begin establishing their own space.

29 Days to a Smooth Move

www.29DaystoSmoothMove.com

- > **Save Your Cents**
- > **Save Your Sanity**
- > **Save Scads of Your Time**

We know that *you know* you need to pack, sell your home, find movers, clean out – but that you're not quite sure *how* to prioritize your time and your tasks.

We Also Think . . .

You want to save money in the process. We'll show you how to trim the fat from your moving expenses and outline the costs you can expect, down to the final roll of packing tape.

You want to think like an expert. Think of this book as a crash course in Moving 101. You have just enough information to be dangerous, and you'll be thinking like the pros in no time. We arm you with critical "must ask" questions. Plus, with Tara's Tales and Donna's Ditties – our personal stories sprinkled throughout – you'll avoid the mistakes we made and learn from our triumphs.

You are a bit overwhelmed! It's no secret that moving is one of life's most stressful events. Put away the Alka Seltzer because this book is chock full of step-by-step instructions, planning calendars, checklists and everything you'll need for a smooth and easy move.

To find out how to make your household move as smooth as possible, check out www.29DaystoSmoothMove.com