



HOW TO MOVE WITH TEENS
WITH **1-800-PACK-RAT** 



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PART 1: MOVING OUT

Moving can be difficult for anyone, but once you add hormones and teen angst to that transitional period, it can add more tension to an already stressful time. So what can parents do to make moving for both them and their teens easier?

Encourage them to ask questions

Teens feel better about a big change when they know more about it. Engage with them and offer to answer any questions related to the move.

Get them a journal— or a blog

In the digital age, plenty of teens find comfort and a decent sounding board on the internet. A blog works to vent frustration and makes teens feel heard. They can also find support from other

teens that are going through the same process.

Get them involved

Keep them updated on the house-hunting process. Ask for their input on schools, bedrooms, and neighborhoods, because knowing that you value their opinion makes them feel much more in control of their situation.

Host a going-away party

For many teens, moving means leaving behind a group of friends, and maybe even a boyfriend or girlfriend. A goodbye party gives teens a chance to have a fun time with their squad before moving away, and it gives everyone a chance to sign yearbooks, exchange phone numbers, and take plenty of fun selfies.



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PART 2 : MOVING IN

First-Night Box

Just like with young children, teens need a box of essentials for the first few days in the new house as they unpack and adjust. These might include toiletries, a change of clothes, make-up, phone chargers, games, and maybe a favorite blanket, pillow, or stuffed animal.

Sign up for clubs and teams

If your teen participates in sports or extracurricular activities, getting involved in a new town can help them feel acclimated sooner. Whether they cheer, swim, or collect stamps, signing them up for community groups like

Scouts or the YMCA can help them get settled sooner – and it’s a great way for them to make friends with other teens that have the same interests.

Give them tasks to complete

The sooner you unpack, the sooner teens can feel like the new house is a home. Letting them unpack and decorate their room helps them feel independent and more confident in their ability to adjust. It’s also important to keep them busy, whether that means walking the dog, taking care of a younger sibling, or helping with cleaning and setting up other rooms in the house.



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PART 3 : MOVING SCHOOLS

The “Way-In” Friend

Teens probably won't stumble upon a group of friends on their first day of school. The first friend is always the hardest to make, and that friend doesn't need to be perfect. Your teen might not have anything in common with them, but they're a “way in” to help them meet other people at the school. Sometimes middle or high schools appoint peer ambassadors to function as way-in friends. If your teen's school doesn't have this program, encourage them to make at least one way-in friend as that will help them meet more people faster.

Make them feel special

High school can be torturous, and being the new kid can make it even more difficult. Brighten your teen's day by packing them lunch or treating

them to a special meal, and be sure to slip in a little note. (Don't worry, no one outgrows this.)

Give them their independence

You can pick your friends, but you can't pick your teen's friends. If you have concerns about a friend of theirs, bring it up with them calmly and explain your reasoning. Teens respond better when treated like the young adults they are rapidly becoming.

During this very busy period, it is important to make time for some fun family activities. While everyone is trying to find their place in the new area, the one constant is each other, so be sure to find an activity that is fun for everyone – such as an amusement park, the beach, hiking, or water sports.