

moving with teens checklist

Moving with a teen brings its own challenges. Here are a few tips to help ease the process for you and your teen.

1



GETTING ADJUSTED TO YOUR NEW HOME.

- A new move can mean a “new you” but remind your teen to always be themselves.
- Encourage your teen to join something at school, it will help them make new friends more quickly.
 - Look into this before the move to get signed up early.
- Encourage your teen to get a job. A job can help them get to know the area as well as meet new people.
- If you know anyone in your new neighborhood that has teens, try to connect your teen with them by offering them a ride to school.
- Let your teen know to take it slow, they don’t have to be friends with the first kid they meet.
- Find volunteer opportunities for your family to partake in together.

2



GET READY FOR THE FIRST DAY OF SCHOOL.

- Try to visit the school with your teen before their first day.
- Get a list of tutors that are available through the school.
- Get a copy of the school newspaper to get a sense of what the school has to offer.
- See if your teen’s new school has a welcome committee that can introduce your teen to the new environment.
- Remind your teen to enjoy the “now”. He or she will always have the memories of his or her old school friends.

3



FIND YOUR WAY AROUND YOUR NEW NEIGHBORHOOD.

- Pick up the drivers license book in your new state and study together.
- Explore the city together. To learn the landmarks and specific routes, start by taking public transportation.
 - For bus and tram information in Portland, visit www.Trimet.org
 - WA visit www.ctran.org
- Set out on your own adventure with your teen around your new neighborhood.

4



CONNECTING WITH FRIENDS AND FAMILY AFTER THE MOVE.

- Children of all ages rely on their family during a move; take advantage of the bonding experience.
- Schedule a time for your teen to go back and visit his or her friends.
- Join a phone plan that allows unlimited long distance for you teen to call his or her friends.



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