

MOVING IDEAS

Having An Action Plan Can Ease Children's Anxieties About Moving

(NAPSA)—Up to 20 million people move each year. For a child, particularly one who is happy in school and has many friends, the thought of moving to a new neighborhood can be depressing and frightening. Experts on moving say, however, that if a child approaches a move with a simple action plan, moving to new surroundings can be an exciting and rewarding experience.

"There are several easy things children can do before, during and just after the move that will ease their fears and make them more comfortable in their new environment," said Nan Jespersen, vice president of International Relocation Services for RE/MAX International, Inc., the world's largest residential real estate network. "Parents should sit down with their children and make a list together."

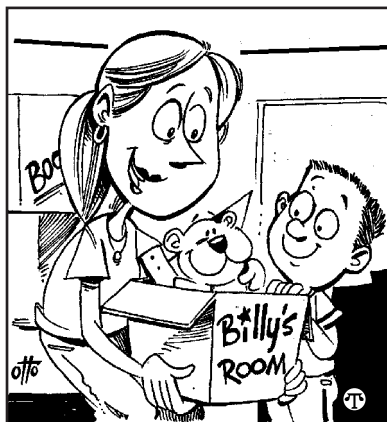
The "Kids' Survival Guide to Moving" video provides the following tips for children facing a move:

- **Ask lots of questions**—it will help in understanding your new environment.

- **Pack your own stuff**—share in the excitement of the move.

- **Keep important stuff with you**—having your treasures next to you instead of in the moving van provides a warm, secure feeling.

- **Say goodbye to your old home**—and leave something behind (plant something in the garden, or hide a toy in the house where nobody will find it) so that a part of you will always be a part of your old home.



- **Stay in touch with your friends**—just because you're leaving your neighborhood doesn't mean you have to forget your friends. Write their addresses and phone numbers in an address book and call and write them frequently.

- **Unpack your room right away**—it will help you get comfortable with your new turf.

- **Check out the new school before your first day of class**—getting familiar with everything will help ease fear of the unknown.

- **Ask for help**—asking "new" kids where something is can be a good way of meeting people and making new friends.

- **Talk to your new classmates about your move**—perhaps they've gone through it themselves and can offer good advice.

The guide is available for \$9.95 from RE/MAX International, 303-796-3672. Additional moving tips are at www.remax.com.