

Making Life Easier

Keeping Your Move Smooth

(NAPSA)—If your family is ever among the estimated 40 million Americans who move into a new home every year, these hints can help it be easier on your youngsters and yourself.

•**Get to know the neighbors.** About two weeks after you move in, have a small housewarming party. Keep it simple, fun and short. Odds are, you or your child will be invited to visit in return.

•**Give young children a familiar place.** Make your child's new room look and feel as much like the old one as possible. Paint the walls the same color, because color is a strong sensory trigger and can comfort children.

•**Let older children and teens redecorate.** To help keep their options open, interior designer and TV makeover expert Libby Langdon suggests considering cool new removal peel-and-stick wallpaper. There's no wallpaper paste necessary. It's got an adhesive backing on it so you can literally just mount it up on the wall, and when you want a change, you can take it down. It's also a great way to cover just the inside back of a shelving unit for a great hint of color that won't overwhelm the room.

•**Make the move an adventure.** The American Academy of Pediatrics suggests you remind your child that while the move may be making everyone a bit uneasy, it will also be adventurous and interesting. Give her some age-appropriate books that de-



Start things off right in your new home: Make sure your child's favorite, familiar electronic entertainment is up and running as soon as you move in.

scribe families moving from one city to another. Encourage your child to make plans for the move. Have her make lists of tasks and projects to do.

•**Experience the joys of joining.** Enroll your child in sports, clubs, lessons and the like so she has something to look forward to and so she doesn't lose out on opportunities.

•**Keep important routines the same.** Meal and bedtime routines are important to children. With so many other changes in their lives, make sure they can count on some things being the same.

•**Schedule your high-speed Internet, digital cable TV and phone connection in advance.** It can be simple, with a single step at www.cablemover.com. Having online access to the nearest carry-out options and being able to watch TV shows and play online games on the first day in a new home can be a big plus for the whole family.