

One More Move, Mom

Introduction

Moving, moving, moving again. It's a phrase that can strike fear into the hearts of even the most seasoned travelers. But for military families, it's a fact of life. According to the Department of Defense, military families move an average of every three years. That's a lot of packing, unpacking, and adjusting to new surroundings.

In this book, Pasquale De Marco shares her experiences of moving with her family from coast to coast. She offers practical tips on everything from packing and unpacking to making new friends and finding your place in a new community. She also shares her insights on the emotional challenges of moving, such as saying goodbye to friends and family and dealing with the stress of settling into a new home.

Whether you're a military family or just a family that's moving for the first time, this book is full of helpful advice and encouragement. Pasquale De Marco shows that moving can be a positive experience, even if it's not always easy. She helps readers embrace the challenges and opportunities that come with moving, and she provides them with the tools they need to make a successful transition to their new home.

Moving can be a stressful time for everyone involved, but it's especially hard on children. They have to say goodbye to their friends and school, and they have to adjust to a new home and a new community. Pasquale De Marco offers helpful tips on how to make moving easier on children, such as involving them in the planning process and helping them to make new friends. She also provides encouragement for parents who are struggling to cope with the stress of moving.

Moving is a challenge, but it's also an opportunity for growth and new experiences. Pasquale De Marco

shows readers how to make the most of their move and create a happy and fulfilling life in their new home.

Moving is a fact of life for many people, but it doesn't have to be a negative experience. With the right preparation and support, moving can be a smooth and even enjoyable transition. This book is full of practical tips and encouraging words to help you make your next move your best move yet.

Book Description

One More Move, Mom is a comprehensive guide to moving with your family, whether you're moving across town or across the country. Pasquale De Marco shares her experiences of moving with her family from coast to coast, and she offers practical tips on everything from packing and unpacking to making new friends and finding your place in a new community.

This book is full of helpful advice for every member of the family, including:

- **Parents:** Pasquale De Marco provides tips on how to make moving easier on children, how to cope with the stress of moving, and how to create a happy and fulfilling life in your new home.
- **Children:** Pasquale De Marco offers advice on how to say goodbye to friends and school, how to adjust to a new home and a new community, and how to make new friends.

- **Military families:** Pasquale De Marco provides specific advice for military families, such as how to deal with the unique challenges of moving frequently and how to access military resources.

Whether you're a first-time mover or a seasoned pro, **One More Move, Mom** is full of helpful tips and encouragement to help you make your next move your best move yet.

Pasquale De Marco is a military spouse and mother of two. She has moved with her family multiple times, and she has experienced firsthand the challenges and rewards of moving. She is passionate about helping other families make their moves as smooth and successful as possible.

One More Move, Mom is the ultimate resource for families on the move. It is full of practical tips, encouraging words, and helpful resources. With Pasquale De Marco's guidance, you can make your next move your best move yet.

Chapter 1: Moving Day Blues

Packing woes

Packing for a move is no easy feat. There's the endless sorting, the careful packing, and the inevitable last-minute scramble. And if you're moving with kids, the task can be even more daunting.

One of the biggest challenges of packing is deciding what to keep and what to get rid of. It's easy to get sentimental about our belongings, but it's important to be ruthless when you're packing for a move. If you haven't used something in the past year, chances are you don't need it.

Once you've decided what to keep, the next challenge is packing it all up. This is where it's important to be organized and efficient. Start by packing the things you won't need right away, such as seasonal clothing and décor. Then, pack the essentials, such as toiletries, medications, and important documents.

If you're packing with kids, it's a good idea to let them help. This can make the task more fun for them, and it can also help them feel more involved in the move. Just be sure to supervise them closely, especially if they're helping with packing fragile items.

The last-minute scramble is inevitable, but there are a few things you can do to minimize it. First, start packing early. This will give you plenty of time to sort through your belongings and pack them carefully. Second, make a list of everything you need to pack, and check it off as you go. This will help you stay organized and avoid forgetting anything important.

Packing for a move can be a stressful task, but it's important to remember that it's just a temporary inconvenience. Once you're settled into your new home, you'll be glad you took the time to pack your belongings carefully.

Chapter 1: Moving Day Blues

Saying goodbye to friends

Saying goodbye to friends is one of the hardest parts of moving. It's tough to leave behind the people you've shared so many memories with, and it can be especially difficult for children who have to say goodbye to their school friends.

There are a few things you can do to make saying goodbye a little easier. First, try to give your friends plenty of notice before you move. This will give them time to process the news and to say goodbye properly. Second, make sure to spend quality time with your friends before you leave. Go out for dinner, play games, or just hang out and talk. This will help you to create lasting memories that you can cherish after you move.

Third, don't be afraid to cry. It's okay to be sad when you say goodbye to your friends. Crying is a natural

way to express your emotions, and it can actually help you to process the loss.

Finally, remember that you can still keep in touch with your friends after you move. Thanks to social media and video chat, it's easier than ever to stay connected with people who live far away. Make an effort to reach out to your friends regularly, and don't be afraid to ask for support when you need it.

Saying goodbye to friends is never easy, but it's important to remember that it's not the end of the world. You will make new friends in your new home, and you will always have your memories of the friends you left behind.

Chapter 1: Moving Day Blues

Anticipating the unknown

Moving is a big change, and it's natural to feel anxious about what the future holds. You may be worried about leaving your friends and family behind, or about adjusting to a new school or job. You may even be worried about the unknown - what if you don't like your new home or your new community?

It's important to remember that it's okay to feel anxious about moving. Everyone experiences some degree of anxiety when they're faced with a big change. The key is to not let your anxiety get the best of you.

There are a few things you can do to cope with the anxiety of moving. First, try to stay positive and focus on the things you're looking forward to about your new home and community. Second, talk to your family and friends about your concerns. They can offer support

and encouragement, and they can help you to see things from a different perspective.

Finally, don't be afraid to ask for help if you need it. There are many resources available to help people who are moving, such as counselors and support groups.

Moving is a big change, but it's also an opportunity for new beginnings. Embrace the unknown, and don't be afraid to step outside of your comfort zone. You never know what you might find on the other side.

Here are some specific tips for coping with the anxiety of moving:

- **Talk to your family and friends about your concerns.** They can offer support and encouragement, and they can help you to see things from a different perspective.
- **Make a list of all the things you're looking forward to about your new home and**

community. This will help you to stay positive and focused on the future.

- **Get involved in your new community as soon as possible.** This will help you to meet new people and make friends, and it will also help you to feel more connected to your new surroundings.
- **Don't be afraid to ask for help if you need it.** There are many resources available to help people who are moving, such as counselors and support groups.

Moving is a big change, but it's also an opportunity for new beginnings. Embrace the unknown, and don't be afraid to step outside of your comfort zone. You never know what you might find on the other side.

This extract presents the opening three sections of the first chapter.

Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.

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