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4 Tips for Helping Kids Cope with the Stress of Moving

To the dismay of children everywhere, August signals the dawn of a new school year. For families relocating to a new school district or state, back-to-school may be a particularly painful transition. While moving is one of the most stressful events of childhood, it may be a positive growth experience in the long-run, instilling in children qualities like adaptability, improved self-confidence, and empathy. Here are some tips to help ease the transition:



- Take time to talk. Did you ever have to move as a child? If so, be honest about any anxiety or loneliness you may have experienced and how you overcame it. Let your kids know that whatever changes the move may bring, you will always be there to listen.
- Maintain familiar rituals, like family dinners or bedtime routines. In the midst of change, kids in particular will find solace in consistency.
- Highlight the positive. Is there an interesting program at your child's new school? A park in your neighborhood that kids would likely enjoy? Small details like these may help kids begin to focus on the exciting things your new home has to offer.
- Involve children in setting up the new house, especially when it comes to decorating their rooms. Giving kids a little bit of influence in a process over which they have been mostly powerless may help stir up some excitement about your new beginning.

Thought of the Day:

"Life shrinks or expands in proportion to one's courage."

Anais Nin

Teriyaki Salmon with Sriracha Cream Sauce

Ingredients

- 2 tablespoons cornstarch
- ½ cup soy sauce
- ½ cup brown sugar, packed
- 1 teaspoon ground ginger
- ½ teaspoon garlic powder
- ¼ cup honey
- 4-5 salmon fillets
- ½ cup mayonnaise
- 2-3 tablespoons Sriracha
- 1½ tablespoons sweetened condensed milk



Directions

- In a small bowl, whisk together cornstarch and ½ cup water; set aside.
- In a saucepan over medium heat, add soy sauce, brown sugar, ginger, garlic powder, honey and 2 cups water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon; let cool to room temperature.
- Reserve about ½ to ¾ cup of the teriyaki sauce; set aside for now.
- In a gallon size Ziploc bag, combine teriyaki marinade and salmon filets; marinate for at least one hour, turning the bag occasionally.
- Meanwhile, place the reserved teriyaki sauce back into the saucepan and reheat to simmering. Continue to simmer and stir occasionally until the sauce has reduced about a third in volume and is a good pouring consistency.
- Make Sriracha cream sauce by whisking together mayonnaise, Sriracha, and condensed milk in a small bowl. Taste for desired spiciness; refrigerate until ready to serve.
- Preheat oven to 400 degrees F. Lightly coat a 9x13 (or comparable) baking dish with nonstick spray.
- Place salmon filets along with the marinade into prepared baking dish and bake until the fish flakes easily with a fork, about 20 to 25 minutes.
- Serve salmon immediately with Sriracha cream sauce and reduced teriyaki sauce.

[Recipe from www.gooddinnermom.com](http://www.gooddinnermom.com)

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Have You Ticked All the Boxes on Your Open House Checklist?

Given the large number of potential buyers who will stroll through your home during an open house, it is critical that you meticulously prepare your property with an eye for the details that buyers will be likely to notice. Be sure to pay attention to all rooms and the yard: the overgrown shrub or leaky faucet that you barely notice anymore may be a glaring indication to a buyer that the property is unkempt. Before you open your doors to droves of home shoppers, consider this checklist:



1. Make all necessary repairs. Obtaining a professional home inspection early in the selling process may help you to identify problems that need attention.
2. Remove clutter and personal items and clean all rooms to a white-glove-worthy standard. Even if you need to host a garage sale or rent a storage pod to get rid of excess belongings, presenting buyers with a spotless, uncluttered space will enable them to picture themselves actually living in your home.
3. Hide evidence of pets, including droppings in the yard, bags of pet food, and of course, the four-legged friends themselves.
4. Secure valuables, prescription medications, and other items that may attract thieves.
5. Organize closets, cabinets, and drawers. Many potential buyers make a habit of looking at these spaces and will be pleased if they see plenty of storage space and an easy system of organization.
6. Have windows professionally washed and carpets professionally cleaned. Consider power washing the siding, driveway, and sidewalks.
7. Bake cookies or put on a simmer pot in advance of the open house. Create a simmer pot by boiling water in a saucepan and adding fragrant ingredients such as cinnamon sticks, cloves, orange rinds, and dried herbs. Reduce heat to a simmer and add water as needed. Simmer pots create a pleasant, inviting aroma without the cloying, sometimes irritating, scent that often accompanies artificial fragrances.
8. Fill the rooms with natural light by opening all curtains or blinds.
9. Provide visitors with a factsheet highlighting your home's best features and other information that would be helpful to potential buyers, such as room dimensions.
10. Ask for feedback from visitors. Preserve respondents' anonymity by providing a simple questionnaire for them to leave facedown on a table after viewing the home. Incorporate any helpful advice into your next open house.
11. Have important documents, like HOA regulations, utility bills, inspection reports, and property surveys ready to show curious visitors.
12. Remember the importance of first impressions. Make sure that the lawn is mowed, overgrown shrubbery is trimmed, and fresh, colorful flowers have been planted. Create an inviting ambiance at the front door by investing in a new welcome mat and some fresh paint, dusting away cobwebs, and keeping the lights on, even during the day.



If you are currently working with another Broker please do not consider this a solicitation.

