

6 weeks to go

- If you are using a professional mover, get estimates from different moving companies and choose the one that is best suited to your needs.
- If you are moving yourself, get estimates from truck rental companies. Book your vehicle in advance!
- Draw a floor plan of your new house. This will help you decide what furniture stays and what furniture will go.
- Start to use up the things that can't be moved - such as the food in your freezer and flammable household aerosol cleaning supplies.
- Contact the information office or local council in your future location and start gathering information about your new home town.
- And don't forget ... a little planning now, will really pay off on moving day.

5 weeks to go

- Discuss costs, insurance, packing, loading, delivery, and the claims procedure with your mover.
- Prepare an inventory of all of your possessions.
- Determine what can be sold and what might be donated to charity.
- Get copies of your records from doctors, dentists, lawyers, accountants, and the like.
- Arrange to transfer your children's school records.
- Go to the post office and obtain a change of address kit.

4 weeks to go

- If you have contracted to have the mover do all the packing for you, arrange to have this task completed a day or two before loading the truck.
If you need it, arrange for storage.
- Clean/repair furniture, curtains, or carpets that need it.
- Hold a garage sale. Use the extra cash to splurge a little on your new place.
- If you are moving yourself, figure out how many boxes you'll need. (Many truck rental companies will provide this service).

3 weeks to go

- Assemble packing materials, including: Furniture pads, hand trolley, packing tape, bubble wrap, nylon packing string and rope, crumpled newspapers, scissors, Stanley knife ... and don't forget those large self-stick labels, along with felt-tip markers and boxes galore.
- Begin packing items that you won't need. Don't pack too much weight in an unreinforced box.
- Arrange to cancel utilities, such as gas and electricity, and any other services at your old home and have them installed at your new home.
- Make travel and hotel reservations.
- Get car license, registration, and insurance in order.

2 weeks to go

- Arrange to transfer all of your bank accounts.
- Make special arrangements to move pets, such as purchasing airline reservations & travelling containers.
- Ask your vet how to make moving easier for your pet.
- Inform your phone company of your move.
- Make arrangements for a new telephone service.
- Have your car checked and serviced for the trip. Make sure tyres are in good shape and a fluids are topped up.
- Cancel any direct deposit or automatic payment arrangements on the bank accounts you are closing.
- Cancel delivery services.

1 week to go

- Transfer all medical prescriptions to a pharmacy in your new location.
- If you will need a babysitter, arrange for moving day service.
- Return library books and video tapes.
- **...a couple of days before your move:**
- Defrost your refrigerator and freezer.
- Have the movers pack your shipment.
- Arrange to have cash, a certified cheque, or money order to pay the driver on delivery day.
- Set aside valuables and legal documents to go with you, not on the van.
- Pack clothing and toiletries to go with you; take a day or two's extra clothes in case of a delay.
- Pack your first-day handy items box to go with you.

Some tips to help you on Moving Day:

- Do-it-yourself movers should pick up the truck early.
- Make a list of every item and box loaded onto the truck.
- Let the mover know where you can be reached.
- Before you sign your agreement with the mover, read the conditions. Keep it in a safe place until your goods are delivered, charges are paid, and any claims settled.
- Make sure that you have plenty of cleaning materials to clean each room as it is packed up.
- Check your old house to make sure you've turned off water and that no leave-behind appliances are running.
- Inspect basement, attic, garage.
- Lock up all doors and windows.
- Be on hand to answer questions and give directions to the mover.

Moving Day

Finally... to prepare for the move:

- Prepare your children for the move by giving them lots of information about the reasons for moving and letting them know what they can expect in their new home.
- Invite children to talk about their feelings with you.
- Listen to what they have to say and assure them you understand.
- Avoid being over optimistic and insisting everything will be wonderful. Even if the new home is fantastic it may still take time for them to adjust.
- Try not to take it personally if your child is having trouble adjusting to the move and blames you for causing it. Try to explain that sometimes big decisions need to be made and some cannot be avoided.
Provide emotional support and understanding.
- Share your own childhood feelings.
- Don't forget to share your feelings with someone, adults can need support as well.
- Focus on the positive aspects of your new home, neighbourhood and community.
- Keep in mind that young children live in the present. Don't be surprised if moving in the week/s ahead has little meaning to them.
- Help older children say goodbye to friends by encouraging them to have a party or an informal get together. Make a scrap book as a keepsake.
- Give them specific jobs to help with the move and let them know that their assistance is essential.



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