

Making Your Move Less Stressful

Here are some tips selected from different sources to make your move easier.

Have you set the date of the move? If so, start preparing one step at a time. Start planning a few weeks in advance to prevent a last minute rush.

SAMPLE NOTIFY CHECKLIST

Remember to send your new address to:

- Family and friends
 - Post office
 - Department of Motor Vehicles
 - IRS
 - Library
 - Utilities – Allow an overlap when switching utilities in case of delay. Here is a list of utilities you won't want to forget: electric, disposal, water, newspaper, magazine subscription, gas, telephone, DSL or Internet cable, and the TV cable company
 - Doctors and other medical professionals, dentists, your optometrist, your vet
 - Bank, financial institutions and your employer
 - Organizations and associations where you are a member
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- ✓ Arrange a date and time with your moving company.
 - ✓ Get an estimate for all your items and any special services that you may require.
 - ✓ Make sure all the boxes are labeled and review the list before signing the bill.
 - ✓ Take pictures of valuable items before the move just in case you need to provide proof for damage claims later.
 - ✓ If you are going to use professional packers, organize your belongings for your convenience when unpacking.
 - ✓ If you are doing the packing yourself, make a list of the number of boxes and packing materials that you will need; be sure to get them in advance of your move to prevent a last minute rush.
 - ✓ Label the boxes clearly so that you will be able to readily identify them after the move. The label should include the room they will go to and the name that represents the type of contents in the box. For example, "Kitchen/Glass" or "Michael's Room/toys."
 - ✓ Make a list of emergency phone numbers of those you may need to call if you need help. Inform them in advance that you may need their help. Add these numbers to your cell phone phonebook.

- ✓ Put all the items you may need on day one of your move into the new home in a separate **survival box** and make sure that you carry this box with you and load it last so that it is the first one you can unload.

Items to add to that box:

▪ Medicines	▪ Snacks	▪ Light bulbs	▪ Toothpaste	▪ Slippers
▪ First aid kit	▪ Paper plates	▪ Soap	▪ Pots and Pans	▪ Sugar, Cereal
▪ Water	▪ Cups & Spoons	▪ Paper Towels	▪ Milk	▪ Tape
▪ Scissors	▪ Hammer	▪ Milk, Coffee	▪ Pen/Pencil	▪ Trash Bags

- ✓ Avoid waste by using up items that may spoil, like frozen foods, milk, yogurt, or open canned items, which may be a hassle to move.
- ✓ Get rid of unnecessary belongings by having a garage sale or donating items.
- ✓ Set a place for all packing material so that it is easy to find. Do not let it get lost in the clutter in the house. Here are some of the things your packing area should contain:
 - Markers
 - Folded boxes
 - Tape
 - Binding rope
 - Labels
 - Scissors
 - Cutters
 - Bubble wrap
 - Dolly

YOUR FAMILY AND THE MOVE

Ensure that you have taken care of the following paperwork and processes:

- Creating accounts or transferring funds from you bank account to the area you will be residing in.
- Gather copies of all your medical records, x-rays, prescriptions and other information that you may need.
- Inform your children's school about the move and ask them to transfer school records and transcripts to the new school. If you do not yet know the name of the school, make a package of all the material you will need for the application and secure the documents well in advance to avoid unexpected delays.
- If you have pets, you may want to visit the vet and request health certificates for them.
- If you have young children, you may avoid the adverse effect of the move by ensuring that they have enough to do, so that they do not complain that they miss their friends.

- Spend some time getting to know your neighbors and finding playmates for your children.
- Get your children's rooms set up first to avoid temper tantrums and make them feel more comfortable. One way to keep them engaged while you unpack is to rent movies or hire a babysitter to spend time with them. If you have family close by, you may want to ask them to take care of your children while you move in.
- Your children may get hungry often with all the excitement and energy associated with the move. Make sure you have lots of water and healthy snacks for them.

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