

Helpful Hints for Moving



The secret of a smooth move is getting as much done in advance as possible. Here are some helpful ideas:

One Month Ahead

- Pick a moving company, preferably one with an agent in your new town.
- Make certain estimators are aware of everything that must be moved. Unless you have requested and received a binding estimate, the charge will be based on actual weight and distance.
- A binding estimate specifies in advance the cost of your move and includes all transportation charges. It does not include items added later to the shipment or any additional services.
- Determine what degree of legal protection is needed for the safety of your goods. From acceptance to delivery of your goods, the carrier is responsible for your shipment. Responsibility is not the same as liability, however. The carrier will not automatically pay the shipper the fair market value of lost or damaged goods.
- Be sure that you understand the terms before your things are loaded.
- Contact the utility companies to ask about necessary fees or deposits for the move. Submit a change of address to the post office at your current address.
- Notify your children's school and arrange for transfer of school records.
- Notify pastor, priest, or rabbi of your leaving, inquire about nearest place of worship at your new home.
- Obtain birth and baptism records of all children and yourself.
- Get records of shots, eyeglass prescriptions, etc.
- If car or other possessions are not fully paid up, get permission to move them.
- Arrange for the closing or transfer of charge accounts.
- Have your present bank arrange credit references for establishing new accounts in the area.
- Have a garage sale to dispose of unwanted items. If you donate clothing or household goods to charity, get receipts for possible tax deductions.
- Use up supplies of canned goods, frozen foods and other household items.
- Take pets to the veterinarian for required health certificates and rabies shots.

One Week Ahead

- Inform the utility companies of your move, the date you want service discontinued and where to mail final bills. Get refunds on any deposits made.
- Transfer your fire insurance on household goods or other insurance on personal possessions, so that they are covered at your new home and enroute.

- Notify bank and transfer checking and savings accounts. Close your safe deposit box. Arrange for sufficient cash or travelers checks to cover cost of moving services and expenses. Cash or certified check is required by moving company. They will not unpack the van without it.
- Collect all items that are being cleaned, stored or repaired.
- Empty your locker at the club.
- Return library books and anything borrowed from friends. Collect things you may have loaned.
- Make travel plans and hotel reservations for your trip. Have your car ready!
- Have rugs cleaned and ready for your move. Also, have drapes cleaned and ready. Apply a light coating of protective paste wax to your furniture.

At the Last Minute

- Cancel telephone and home deliveries.
- Leave keys for your old property with your Realtor or neighbors.
- Tuck your Relocation Guide™ in the front seat of the car for enjoyable reading on the way.

Relocation for Kids

For children, moves are often difficult. They lose their friends, their neighborhood, the house and/or school they feel comfortable with. You may be leaving a house or a town where you have spent 20% of your life, while your children may be leaving the only home they have ever known. Studies have shown that children have more accidents, school and behavioral problems after a move.

Despite these problems, moving need not be a disaster for your children. There are things you can do to help make their move a positive one.

Keep Them Informed

Once you know you will be moving, talk with your children about it. Help them make up a calendar of the move and explain what will happen.

Take Ages & Personalities Into Account When Planning

Children at different ages need different things from you. Infants need to be taken care of by a calm and nurturing caretaker. Toddlers need some sense of stability and control. Make sure you and they know where their special things are. If you have to pack them, clearly identify that box so you can unpack it first.

Preschoolers and school age children will already have friends, and special places that you should learn about and say goodbye to before you move. Taking photographs of these places and people and putting them in a small album may be helpful to your children after the move.

Moving may be most difficult for adolescents for whom independence and a circle of friends are most important. Helping them stay in touch with old friends and make new connections can be crucial.

It is also important to take into account the personality of each child. Some children make friends easily. Some are shy and need much more support after a move.

Give Your Children Some Sense of Control & Input

As an adult and a parent you will make most of the decisions it can be helpful to your children to solicit their input, and to involve them in making some of the decisions.

Listening to your children may be the single most helpful thing you can do, but it may also be hard to do if you are feeling stressed by the move. There are adolescents angry about having to move away from their friends. When you don't feel you can listen to them, help them find a reliable adult that they can talk to, whether a friend, a relative, or a counselor.

Accept Their Feelings

Allowing your child to share feelings, especially sad or angry feelings, may be the hardest thing you do as a parent, but it can also be one of the most helpful. Every move involves both losses and gains, and children's feelings are less harmful if they are shared, not bottled up.

If children are persistently sad, or there are persistent changes in their behavior or school performance after a move, then it may make sense to check in with their doctor or with a school counselor or mental health professional.