

Canadian Association of Movers / Association canadienne des déménageurs



Children Need Special Attention on Moving Day

The Canadian Association of Movers advises parents to help them prepare children for the family's move. Involving children in the move will help to lessen everyone's stress.

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The summer is the period of peak demand for moving companies. Families move for a great variety of reasons and generally believe that this is the best time to relocate to avoid disrupting their children's education.

Moving can be a major upheaval for children. They may feel anxious about separation from friends, schools and neighborhoods. It's up to parents to prepare them for moving day, to help reduce their stress and yours.

Involving children in the move can help to calm their fears and make the transition more tolerable. Give them as much time as possible to ask questions or express their feelings about the move. Answer all of their questions. Present the move in a positive light. Get them excited about the changes to come.

When you arrive in your new community, you may find that organized summer activities are already under way. It may be too late for your children to participate. Neighbourhood children may be away on vacation, making it difficult to make new friends immediately. There may be several weeks before new friends can be made at school. A mid-year move gives school-aged children the chance to connect with new friends.

Advance planning can ensure children are involved in the new community quickly. Contact community centres about summer programs and make arrangements for children before the move. Contact schools as soon as possible to find out about registration and orientation programs.

Get the children excited about moving. Help young children understand where they and their belongings are going. Show them the new neighbourhood – the house, the parks, the school - using online maps. Visit stores or dining spots in the new area before the move so they are already familiar after the move.

Plan a special outing or party with your friends and theirs before you move. Help children to create happy memories with best friends and at favourite places.

Engage children in preparing for moving day. Have them select a few favourite items to carry with them on their trip. Have them pack a box of "special" items. This box should be the first to be unloaded. Arrange for someone to take care of the children while the movers are packing and

loading. Parents will be very busy overseeing the move and may not be attentive to children's needs.

Children will need to adjust to their new setting. Set up the child's room first so that their space provides some normalcy. If possible, invite old friends to come for a visit so children can show off their new home.

Now that you've ensured that your children have a stress-free move, you need to ensure you have a stress-free move by hiring a reputable mover. If you planned early, you probably did your research and have booked an ethical moving and storage company who will provide professional moving and storage services. If not, you may be finding that movers are already committed and are facing using a fly-by-night scam operator who will make promises and fail to deliver. Your best protection in reducing your risk to your worldly possessions – and reducing the stress upon you and your family – is to hire a reputable company at the outset.

Contact CAM for assistance in finding a good mover. CAM will recommend a mover that subscribes to CAM's code of ethics, meets CAM's business standards and commits to mediation in the unlikely event of a dispute.

CAM has declared 2014 to be **The Year of the Reputable Mover** and will be working to educate consumers about the pitfalls of using rogue businesses and about how to find a reputable, professional moving company.

For further information: Contact the Canadian Association of Movers, Canada's moving industry trade association. CAM has almost 400 members including national van lines, local van line agents, independent moving companies, international movers and suppliers who provide goods and services to the industry. CAM helps consumers by identifying good movers and monitoring movers' performance. Consumers should contact CAM at 1-866-860-0065; visit CAM's website, www.mover.net; fax enquiry to 1-866-601-8499; mail to PO Box 30039, RPO New Westminster, Thornhill, ON, Canada L4J 0C6./

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