

Relocating with Family

Relocating can be an exciting change and event for you and your family. However, the transition does not always go without some level of stress and anxiety and it is important to provide comfort and stability for you, your spouse, children, family and/or pets when relocating. Eliminating many oversights that can occur during such a hectic and busy time can ensure the smoothest transition possible and make adjusting to your big move a lot easier.

You & Your Spouse

- ▶ Relocating for your spouse can be a much larger change if they are leaving a current career, friends, family, etc. Researching possible opportunities of employment can provide something for them to look forward to. Most often your employment will begin within days of arrival, so arranging for a friend or family member to visit shortly after may provide extra support.
- ▶ Research similar clubs, memberships, fitness facilities, etc. in the area that they may be involved in prior to the move. This can minimize the impact of such a large change that occurs during a relocation.

Children

- ▶ Go to the drawing board! In many cases, parents assume that once they arrive everything will fall into place. Relocating and career changes can easily change the responsibilities and roles each parent is used to performing within the family. Sketch an outline of each parent's expectations, roles and responsibilities to be performed before, during and after the move. Such a large move can become very time consuming and hectic and though this is only an outline and will require some changes, it will provide a guideline for each parent and minimize some levels of stress and anxiety.
- ▶ Any woman with a normal pregnancy and no previous history of premature labor may usually travel by air up to and including her 36th week. Check with your airline for specific restrictions.
- ▶ Most accommodation providers will provide a crib and high chair for a nominal fee so have them set-up prior to arrival when traveling with children.
- ▶ If you already have a general idea where you will be looking for permanent housing, book a property closest to this area so that you can become familiar with schools, daycares, etc. Especially if children will be enrolled into schooling shortly after arrival.
- ▶ Infants are recognized by airlines from zero to two years of age and are usually permitted to fly at seven days after birth and require a letter from the hospital where the child was born indicating both parents' names. They are permitted to sit on a parent's lap, not requiring the purchase of an extra seat. Under the age of 16 years, an original birth certificate is acceptable. Confirm that the airline will allow car seats and strollers in the baggage compartment usually at no extra cost. Pre-seating is best when traveling with family members to ensure all seats are together.
- ▶ Most car rental companies will provide car seats for young children. As seats are not usually on site, prearrange your request prior to rental pickup so the rental company can ensure the seat is properly fitted into your vehicle.

Pets

- ▶ If travelling with a pet, request a pet friendly property only and inquire as to any limitations or restrictions on number of pets, pet size, type and weight. Obtain a copy of the pet policies and confirm the pet fees applicable.
 - ▶ If you are traveling with pets, inform the airline prior to booking your ticket. Confirm and obtain the following information from your airline: **Important:** Some airlines "no longer" support pet travel within the cabin.
- Availability of space
 - Any restrictions on size/type/weight of pet
 - Proper kennel's required and if needed cost of rental
 - Time restrictions as some airlines have black out periods not permitting pet travel
 - Confirm with any connecting flights that your pet can be transferred
 - Check country regulations and if your pet is permitted into the country. (Can be found on gov't sites)
 - Confirm required vaccinations, quarantine periods if applicable and other importing requirements.