

BONUS: FREE GUIDE

Tips to Survive and Thrive

*Living through a remodel
with your family!*



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INCORPORATED



TABLE OF CONTENTS

1. REMODELING? SET YOUR EXPECTATIONS

If you've never remodeled before, here's what you can expect. Let's be honest...

2. 3 BIG CHALLENGES

Let's be honest, living through a kitchen remodel is not easy and all in all is a real nuisance...

5. COOKING FOR YOUR FAMILY WITHOUT A KITCHEN

One of the more challenging aspects of living through a kitchen remodel is figuring out how to feed your family.



SETTING YOUR EXPECTATIONS

Let's be honest, living through a kitchen remodel is not easy and all in all a real nuisance. Setting realistic expectations and planning ahead will go a long way in making things go as smoothly as possible. There are 3 main challenges you and your family will face throughout the process:

- Dust.
- Noise.
- Stress.

If you've never remodeled before, here is some of what you can expect. It's a bit of a roller coaster ride! Keep in mind that in the end, IT WILL all be worth it!

- Traffic
- Noise
- Dirt
- Dust
- Contractor Questions
- Interruptions to Schedule
- Excitement
- Terror
- Stress
- Anxiety
- Project Fatigue
- Pure Elation



DUST.

When living with a full on construction site smack dab in the middle of your home, expect a lot of dirt and dust. The demo portion is the worst and fortunately is over in the beginning. A few things you and your contractor can do to help contain it as much as possible are:

- Seal off all entryways to your kitchen with heavy duty plastic sheeting. Tape it off with multiple layers as the dust tends to migrate through everything.
- Be sure to close and cover all vents with plastic as well.
- On sanding days, try hanging up damp sheets or towels in front of the plastic sheeting to attract the dust.
- Consider investing in a good quality shop vac vs using your everyday vacuum for clean up.
- Microfiber cloths work great for wiping down surfaces.
- If you or family members have allergies, consider wearing N95 masks when entering the work zone and open windows if possible.
- Remember the mess is temporary and while a pain, it will get better.





NOISE.

You can expect your home to be quite loud at times with contractors on the move. Demolition is definitely the loudest part. When a family is involved, it is important to think about who will be home and when. If you have young children, consider when their naptimes are and how they will be affected. The same goes for pets and how they tolerate noise. Here are some suggestions to plan ahead for loud days:

- Discuss your concerns with your contractor and find out when the most noise will take place.
- Try scheduling the loudest work at the most convenient times.
- Invest in noise cancelling headphones for anyone working out of the house.
- See if a friend or relative could temporarily take in your pets.
- Consider moving out for this portion of your project.
- Expect this to be one of the more difficult aspects of your remodel. It will get better as the project progresses.

STRESS.

Living through a remodel can be stressful at times. Home life is disrupted in many ways. One way you can help alleviate stress is to have all of the design and planning decisions firmly made before any construction begins. Follow my tips for creating a project notebook or binder so that as questions arise you can quickly access information. Here are some other ways you can lower stress levels :

- Include your family members on some of the project decisions to create excitement and anticipation.
- Talk to your family ahead of time about what to expect and how to practice being more patient.
- Plan a family getaway to a fun place where you can relax when needed.
- Ask friends or relatives to take the kids for a night or two so you and your partner can reconnect.
- Remember why you decided to remodel your kitchen in the first place.
- Focus on how much you are going to love your new kitchen for years to come!





COOKING FOR YOUR FAMILY WITHOUT A KITCHEN

One of the more challenging aspects of living through a kitchen remodel is figuring out how to feed your family without having a kitchen. Eating out all the time is not practical and adds cost at a time when you are already investing a lot of money. Discuss with your contractor up front where might be a good place to set up a temporary kitchen with the basics necessities. If you're lucky enough to have a mother-in-law suite or guest house with a small

kitchen, good for you! Otherwise, you are looking at setting up a temporary kitchen in your garage or on a porch. Here are some ideas:

- See if your contractor can move your refrigerator, microwave and possibly electric oven if proper outlets can be installed. You can also use a grill, camping grills, crock pot and instant pot to get the job done.
- Set up a work table organized with labeled bins for paper plates, utensils, paper towels, etc. *Disposable is the only way to go!*
- Also set up bins labeled for food storage so you and your family can easily find what you need.
- Lastly, set up a table and chairs for eating unless you can dine al fresco.
- Remember take out food is an option.

