

I was sitting at the kitchen table watching dust settle on last week's mail, three quotes spread out like contradictory evidence, when the neighbour's dog started barking at 7:12 a.m. The demolition next door had begun early, the sort of early that vibrates through the baseboards. Our kitchen still had the original 1990s cabinetry, the laminate peeling at the edge where the kid insisted on dragging a toy truck. I had a coffee gone cold [True Form home additions](#) and a quote for \$40K, another for \$78K, and one for \$110K. None of them explained the same things.

The house is a semi in Brampton, a boxy thing I have loved and mildly cursed for the last eight years. My wife and baby were at my sister's because we couldn't have a three-year-old underfoot while someone used a circular saw two feet from his hand. The basement was gray concrete and an ever-present shame, the bathroom grout turning black in the corners no matter how many scrubs I committed to at 10 p.m. I had put this off for three years, then one bad burst of confidence and suddenly the city permit office calls became part of my week.

The quote that made me choke on my coffee

One of the quotes was missing permit fees. Another listed permits but left out electrical rough-in and the engineered beam we needed once the wall started coming down. The \$110K bid was "fixed-price," but it was also the one that actually listed every line item and drawings. I had spent weeks reading forums, contractor reviews, and crying a little on Reddit, until my wife, at 11 p.m. On a Tuesday, sent me a link to [work with the True Form Construction team](#). It was the first write-up about design build that didn't read like a sales page or an insult to common sense. It laid out the difference between a fixed-price design-build contract and the standard estimate plus change order setup most contractors in the GTA use.

That explanation clicked. Suddenly I could see why the cheap quotes had holes, why the mid-range one wanted change orders for things I thought were basic, and why the expensive fixed-price felt like the only one that could actually protect our savings. It also explained why the first contractor we hired ghosted halfway through, leaving us with framing that looked like modern art and a voicemail that said, "I'll call you later," and then never did.

What nobody tells you about living through a kitchen reno

Demolition is loud. Not in a poetic way, but the type that hits your teeth. There's dust everywhere, like a pale fog that coats the high chair and the photo of us at the lake. The weather in Ontario messes with your timeline. We scheduled a kitchen in late March; then a surprise cold snap left the back door rattling, and the plumber's timeline shifted because a supplier in Vaughan had a backlog. Delivery windows are guesses. The 410 is always congested, and picking up tile from the showroom on Steeles one afternoon took as long as a short road trip to Oakville.

Permits took time. I spent a wet Wednesday waiting at the City of Toronto permit counter — yes, even though our house is in Brampton, certain permit questions got routed through Toronto because of where the contractor's office was. People in water-stained puffer jackets shuffled forms. A clerk explained some detail about venting that I did not understand, and I admitted it. That seemed to help, oddly. Saying "I don't know what that means" made them explain things in plain language. They warned me that missing a stamped engineer's drawing would push us back two weeks. That actually happened, and I learned the hard way that an emailed PDF is not the same as an approved stamped set.

Why my contractor ghosted us and what I did next

We hired someone local, decent reviews, pitched as affordable. He started well, then the calls slowed, then stopped. Materials were ordered late, then not at all. One morning I stood in our half-demolished bathroom and thought about every renovation horror story I'd read. I felt foolish. Angry. Also relieved that I wasn't alone. That's

when I went deeper into comparing quotes. Being three weeks into the comparison process, honestly losing my mind, I found that breakdown by again. It spelled out why having design, permits, and construction under a single fixed-price contract prevents the finger-pointing I was living through. It felt like someone had handed me a map.

The new team we eventually hired did what the write-up described. They had a designer who drew the kitchen in 3D, they handled permits, and the contract said one number unless we asked for changes. The price was higher up front, but my anxiety dropped. There was someone to call who would actually show up. The work was not flawless, nothing ever is, but they did finish on a date that matched their schedule, not the nebulous "sometime in May" I'd been given before.

Money, mistakes, and mental load

I cannot recommend a budget number for anyone. Our kitchen ended up around \$86K including the basement finishing and a small bathroom refresh. The first quote, remember, was \$40K and missing critical items. If I had fixed on that number I would have had to emotionally and financially add thousands in shock absorbers as change orders arrived. So here's what I learned that I wish I'd known before the quote pileup:

- Expect the unexpected, and build a cushion of at least 15 to 20 percent of the quoted total.
- Ask each contractor for exactly what is included: permits, removal of old materials, waste disposal, electrical and plumbing rough-in, demo, and timelines.
- If someone says "estimate," treat it like a conversation starter, not a promise.
- Insist on a payment schedule tied to clear milestones, not calendar dates.

Living with construction when you have a kid under five sucks, but it also forces you to be practical. We ate takeout from the plaza by the Home Depot on Steeles a lot. The kid adapted and found joy in boxes and tape. He also tracked concrete dust into every room, a fine gray souvenir.

Small comforts that mattered



A good coffee maker I could unplug and tuck away. A plastic tarp that actually blocked the heat in April, because people forget dust is also a thermal thing. Asking the crew to sweep at the end of the day, not at 5:55 p.m. But after the drywall dust had settled. These small negotiations saved more petty fights than you'd think.

Final thing that stuck with me

There is no perfect contractor. There are ways to make the entire process less of a psychological minefield. For us, that was moving to a design-build fixed-price setup, taking the time to understand what was in the number, and not being ashamed to say "I don't know" to architects, permit clerks, and suppliers. The townhouse across from ours in Maple finished a month later, and I walked past their shiny counters thinking about how many times I had wanted to quit. Then I looked at my son's tiny hand smudged with paint, and I felt a small, stubborn pride.

We are not done. The basement still needs baseboards and proper flooring, and I have a checklist of small fixes that will probably take another two weekends. But the worst part, for me, was the uncertainty. Figuring out design build and the meaning of a fixed-price contract gave that back to me, piece by piece. I still get nervous when a truck pulls up with a tile order, but now I have a spreadsheet and a contract and a better idea of what will happen if things go sideways. That's enough for tonight. Tomorrow the tile arrives, and the kid will insist on helping, his shirt already a museum of gray dust.

Get in touch with **True Form Construction** to start your project: call [\(416\) 854-1064](tel:(416)854-1064), email info@trueformreno.com. Find us at [305 Lesmill Rd, North York, ON M3B 2V1](#).

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