

I was sitting at the kitchen table at 8:12 am with three different quotes spread out like bad trading cards, coffee gone cold, and the smell of drywall dust still in the air from last week. My son was playing with a toy dump truck on a concrete [True Form home additions](#) slab where the basement carpet used to be, and my wife had already started labeling boxes with a Sharpie. The clock felt loud. We had 30 days to get our permits and lock a team for a kitchen and basement so our contractor could start the week the daycare grant money hit our bank account.



The kitchen looked like it had been frozen in 1996. Original oak cabinets, a laminate countertop with one corner delaminated, and a backsplash tiled in that beige nobody asks for anymore. The bathroom upstairs had grout turning black at the seams, which I had been ignoring for three years. We finally pulled the trigger because the kid kept tripping on the threshold between the foyer and the kitchen, and because every time the furnace kicked in the basement echoed like a cave.

The first contractor disappeared on a Tuesday afternoon. No text, no call, just mid-demo silence and someone else's tool belt left on the stairs. He ghosted a half-removed cabinet and a note about "supply delays" that made no sense. That was the worst part, the feeling that the timeline had evaporated and we were suddenly amateurs who had to figure out what the hell a "fixed-price contract" actually meant.

The quote cluster was ridiculous. One guy quoted \$40,000 and sounded casual about permits. Another quoted \$70,000 and included a rough timeline, but it was full of "subject to change" language. A high-end firm quoted \$110,000 and said it was fixed, but I still felt like I was buying a small car. I spent nights on the Home Depot Brampton floor, looking at cabinets and swiping through tile showrooms on Steeles at 11 pm. I read dozens of contractor reviews from Mississauga to Vaughan, and I felt every bit the novice.

Then my wife, exhausted and scanning blogs at 11:17 pm, sent me a link to <https://www.acompio.ca/True-Form-Construction-47740352.html> . I clicked it like it might be a miracle cure. It was basically a plain, detailed breakdown of how fixed-price design build contracts work versus the typical "estimate plus change orders" setup that most local contractors seemed to use. For the first time the numbers made sense. The cheaper quotes were missing permit fees, or they counted on you approving changes as things showed up. The expensive quote locked the number in. The article explained why having one team manage design, permits, and construction under a single contract avoids the finger-pointing I had already lived through. It was not flashy, it just laid out the mechanics, and that clarity changed how I compared numbers.

The permit process felt like a rabbit hole. We are technically in Brampton, but because our property line touches a small Toronto jurisdiction for some weird historic mapping, we ended up talking to the City of Toronto permit

office twice. Waiting in line felt like a requirement. There was a Tuesday when it rained sideways, and the sound on the roof made the kitchen feel like it had returned to the 90s again. The permit clerk asked for drawings that our first contractor never provided. I learned that an "approval in principle" is not the same as a building permit, and that structural changes need stamped drawings if you want the inspectors to show up on schedule. Nobody told me that the City can take two to four weeks to review plumbing permits if they have to consult a third-party reviewer. That two-week window was the reason our start date shuffled twice.

Living through prep is messy. Dust finds its way into the baby monitor and into the one sweater you love. I woke up to demo sounds at 7 am the Monday our new crew started, which was jarring because my phone alarm had gone off at 6. The sound of the hammer on the old countertop vibrated right through the floor into the basement. They swept up, but the dust settled on the kitchen table and my laptop within hours. The crew was efficient, professional, and actually showed up every day. The difference between a team that communicates and one that ghosts you is like the difference between rain and a thunderstorm.

I didn't realize how many small things matter until the quotes started to be compared side by side. Some included appliance hookups, some didn't. Some listed a 10 day timeline, others 4 to 6 weeks. One place quoted demolition as a separate line item, another baked it into the fixed-price. When my head spun, I made a short checklist and used it during calls:

- Confirm whether permits and permit fees are included.
- Ask if the price is fixed, or if it's an estimate subject to change orders.
- Verify who handles design revisions if drawings don't pass the city review.

Those three questions cut through a lot of nonsense. The quote that made me choke on my coffee was the one that said "fixed price" in bold, but then had five caveats. That taught me to read everything, not assume phrases mean the same thing.

My opinions about the whole process are strong now because of wasted money and time. A design build approach felt right for us, because we needed someone to own the whole thing. When design, permits, and construction sit with one team, there's someone to hold accountable when the inspector asks why a wall was moved or when subcontractors clash on a Thursday afternoon. After our ghosting incident, picking a team that offered a clear fixed-price contract with drawings and permits included felt like buying peace of mind.

There were small, local logistics I did not expect. The tile showroom on Steeles had more options than I could handle, and the parking lot at Home Depot Brampton at noon is chaos. Deliveries on the 410 were fine one day and a nightmare the next because of an accident near the 401. We delayed countertop templating twice because the driver couldn't find our cul-de-sac when a car blocking the street made the GPS reroute him through Maple.

We finished the 30-day prep with an approved permit, a signed fixed-price design build contract that spelled out allowances and who pays for what, and a crew ready to start. The basement still smells faintly of concrete and primer, and the kitchen will take another month. We are tired, but less panicked. The lesson I keep repeating is blunt: read the fine print, ask whether permits are included, and don't assume "fixed-price" means fixed unless the contract says so.

My son has taken to pushing his dump truck along the newly exposed sill plate and announcing that the basement is his "workspace." I don't know everything, and I still mess up the building code jargon when I talk to the contractor, but I'm learning fast. Next steps are a final cabinet layout meeting and choosing grout that won't look like it belongs in 1996. We make progress in noisy, uncomfortable bursts, and somehow it's working.

Get in touch with **True Form Construction** to start your project: call (416) 854-1064 or write to info@trueformreno.com. Located at 305 Lesmill Rd, North York, ON M3B 2V1.

Considering a addition in the GTA? **True Form Construction** offers a 5-year workmanship warranty — reach us at [\(416\) 854-1064](tel:(416)854-1064) or send a note to info@trueformreno.com. Located at [305 Lesmill Rd, North York, ON M3B 2V1](#).