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Moving House With An Autistic Child

Raising a child with autism can present complex challenges, and moving into a new home is no exception. Changing your family's surroundings could present a significant hurdle given that autistic children often find comfort in the familiar. To help a big move go smoothly, it's critical to anticipate your child's specific needs, as well as [look after your own](#).

If your family has outgrown their original home it may be time to look for a new place. You might prefer a more affordable neighborhood, a house [more attuned to autism](#), or an area with better schools. Whatever the reason may be, you can help your autistic child navigate this shift with less stress with a bit of planning and preparation.

Prepare Ahead of Time

Due to autistic children encountering more specific mental challenges, it's helpful to prepare for the move, so there is less surprise. Exposing them to their new house and neighborhood beforehand could help. You can drive by the house before moving in, explore the community, and possibly even ask the current owners to walk through it a few times for [familiarity's sake](#).

When you're [researching home prices](#) in your target area, possibly include your child to familiarize them with the upcoming move. They don't need to know the details, but knowing your price range can help manage *your* stress. You might even let your kiddo sit in on virtual tours of your house and talk to your realtor. Whether it's via Zoom or in-person — whatever feels most comfortable for your family — it could be a big help.

Plan A Sleepover

Pulling double duty and looking after your child while moving at the same time could be disastrous. If you have access to [people you trust](#), sending your kiddo on an overnight or day trip could be critical to a great moving day if they're out of your way. It could be a lot to ask of anyone, but it's a big help as well.

Unloading some of your responsibility might allow you to coordinate with movers and organize boxes so you can have the house adequately prepared to accommodate your child before they arrive.

Hire Help Where Necessary

We don't mean with your child, but hiring movers and a handyman to autism-proof your new home before you realize its dormant perils could prove to be a genius precaution. Movers can help you focus more on your child while they [handle the heavy lifting](#).

Further, installing deadbolts, door locks, cabinet locks, and other essentials can be lifesaving. Many children with autism [process visual stimuli](#) differently than we do, so installing conducive lighting might be necessary. Maybe your kiddo loves their outdoor [trampoline or swing set](#) — having a handyman setup these ahead of time will not only increase familiarity, but it'll also give them a [distraction as they ease](#) into their new surroundings.

Make Your House A Home

You'll want to organize everything as much as possible, as a sense of order and familiarity can help reduce any anxiety your child may experience due to their new surroundings. Clutter can exacerbate sensations of stress or discomfort, and if you can stash away things that aren't

ready to be unpacked, it could help minimize this. Organizing your house to look cozy and comfortable from the moment they step through the door might help your [kid acclimate quicker](#) to their new home.

In Closing

Raising children is challenging without autism, and navigating the peculiarities of this disorder isn't easy. While you might be frowning at the thought of [moving day with](#) your child, with a bit of preparation and help, it could be an extraordinary chance to grow together.

Looking for comfortable and appropriate housing for autism and other special needs? See [what's available](#).