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## Moving House With Your Special Needs Kid: How to Reduce Stress and Anxiety

Moving homes can be a difficult task in the best of circumstances. But a move with a special needs kid can be stressful and emotionally taxing for all parties involved. From non-neurotypical children to kids with sensory disorders or restricted mobility, accommodating their needs during a move requires forethought and planning. You will need to have your setup run as smoothly as possible to easily transition to an unfamiliar environment. Here's how to ensure your child's needs are met throughout as you move to [Millheim Borough](#).

### Prepare for the Move

First thing's first — you need to find a new home that supports the needs of your family and especially that of your special needs child. In most cases, location is also an important consideration, especially proximity to your work, schools, therapy and medical facilities, and more. But of course, your budget is not to be taken lightly, making it important to really do [extensive research](#).

After you've found the perfect home, you need to get your family geared up for the move. The best way to prepare your child for the big move is to [talk to them](#) about what to expect and how to prepare. Let them know that there will be significant changes coming up ahead of time and answer their questions to ease any anxiety. Emphasizing the benefits of the move and giving them the time to process the idea of moving will be critical here, as will alleviating any of their concerns.

Ease your child through the planning process by creating a calendar of upcoming events (i.e., packing days, moving day, the first day of school, etc.) or provide aids through stories or pictures, ideally of the new house and its surroundings.

## **Pack**

Packing to move homes is laborious and tedious for most, but for your special needs kid, it can be a confusing and [disorienting](#) process to navigate. Be sure to schedule your packing so that the entire house isn't disrupted, and pack your child's room last so they're able to maintain some normalcy amongst the packing chaos.

Remember to section off the boxes to the sides of the space so that your child has ample room to move and doesn't feel restricted — this is particularly critical for those who require the use of mobility devices. Be respectful of your child's needs to ensure that this is a pleasant process for them, and it'll fly by without too many hiccups.

Alternatively, you can put items in self-storage to keep them safely out of the way while you have your hands full with the move. This is also a great option if you have extra stuff that can't be accommodated in your new place yet don't want to part with just yet.

## **The Move**

Safety and security are pivotal during the big move. Consider your child's triggers and unique needs and take action accordingly. For example, if your child has abandonment anxiety, make sure there's someone with your child at all times so they don't feel triggered and alone. Creating a '[comfort kit](#)' can be a helpful resource for an overwhelming day. Keep snacks and favorite toys in there, as well as anything else they may need to get through the day.

## **Settling In**

If your child uses a mobility device, you'll want to ensure that the house is ADA compliant and accessible for use in all its features. If your kid is non-neurotypical or has a sensory or emotional disorder, you'll want to ensure the house is fitted out according to their needs. For example, ensure proximity to the parent's room and plenty of light to avoid feeling boxed in. You'll also need to research market prices in your neighborhood to check affordability. The [ADA](#) has a handy checklist of accessible features to look for when house shopping.

Keep your [routine](#) in the new house the same as in the old one so your child acclimates faster. You may also need to modify the home to ensure it feels accessible and safe. These modifications can range from smaller fixture changes (such as lowering the height of a counter

or rack to ensure your child can reach it) to accessory installation (like a nightlight so they feel safer in the dark). Also, be prepared for larger structural changes — many homes aren't equipped to deal with mobile devices and don't take into account passage width and turning room. Check out [this article](#) by Design Sponge for ideas to make your home more wheelchair accessible for your child.

Remember, patience and communication are key during this significant change. Your child might continue to feel anxious and disturbed even after you've settled in, but this is normal. Simply provide the emotional and physical help your child needs, and give them the time to process things in their own way. The unfamiliar will become familiar with time, and your child will be well set for life in their new home in Millheim Borough.