Before, During, and After the Big Move: Helping Your Child With Disabilities Transition to a New Home



Photo by cottonbro from [Pexels](https://www.pexels.com/photo/little-girl-playing-in-a-box-4569304/)

Moving is a stressful time for anyone, but perhaps doubly so for parents of children with disabilities. Finding the best way to prepare your child, [create a space](https://www.sagemobility.com/blog/home-safety-modifications/home-modifications-disabled-children/) that can accommodate their needs, and put the right things in motion to make it a stress-free move sounds like a fairy tale, but it can be done. Let’s take a look at a few ways you can ensure your child is as ready as possible for the big move coming up:

## Before you move: Prepare your child

As challenging as this move will be for you, it will be more so for your child. You need to prepare them gently for this big transition. Start talking in a positive way about their new neighborhood, new bedroom, and other “advances” that will come with this new abode, but don’t dump all the information on them at once. Make sure you are keeping an open dialogue with them.

Meanwhile, you still need to sell your home. Focus your emotional attention on your child, but keep emotions out of the [home-selling process](https://www.hgtv.com/design/decorating/design-101/10-best-kept-secrets-for-selling-your-home). This is a transaction, after all: You simply need to find someone to buy your property. One of the most important things you’ll need to determine is how much money you’ll be able to make off the sale — you’ll need that money to invest in renovations for your new home, among other things. Realtor fees, outstanding mortgage balance, and sale prices in your area are all things you should take into account when doing these [calculations](https://www.redfin.com/sell-a-home/home-sale-proceeds-calculator).

## During the move: Create a stress-free environment

Finding that perfect home starts with research and determination. Sometimes, a move could be precipitated by the need for a new school for the child, in which case you can talk to your child about how much better their new [classroom](https://www.additudemag.com/new-school-for-adhd-child/) will be and how much more it will accommodate their needs.

Investing in a new home is a big deal, and this is especially true if you need to make accommodations for a child with [disabilities](https://disabilityhorizons.com/2020/07/accessible-housing-download-your-free-guide-to-finding-an-accessible-home/). Be sure to partner with a realtor who knows the market in your area. It is also advantageous if this person can connect you with contractors able to perform renovations if the “right” home isn’t readily available in your market.

When moving day arrives, make sure your child has a support system at hand in case things get overwhelming. It may even be advantageous for you to let them stay with a grandparent or babysitter during the most stressful hours. On the other hand, the transition may be easier if your child [takes part](https://www.ahaparenting.com/parenting-tools/family-life/moving-help-child-adjust) in the moving process. You know your child best, and you know their abilities and needs — only you can make this decision.

## After the move: Create comfort

This is your child’s new home, but they will no doubt be grieving the loss of their old stomping grounds. Being allowed the space to do so can be an important part of maturing as an individual. Listen to their concerns and give them the room to voice emotions without feeling like they’re being silenced. Also, depending on your child’s physical needs, if you have to perform renovations on your home in order to accommodate them, this might also create a level of comfort. Above all: Communicate. Plan out every detail, and listen to your child!

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