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## How to Make Moving with Your Child on the Autism Spectrum Easier

Many parents with a child on the autism spectrum dread moving. The change of routine, overstimulation, and general chaos of moving can be a recipe for disaster. However, a bit of planning and support can prevent you and your child from having a terrible time during your upcoming move. [The Cultural Cup Food Bank](#) invites you to read on for tips about how to create a calm, supportive, and positive moving experience for your child on the autism spectrum.

### Hire a great moving company

Finding the right moving [company](#) may be your [saving grace](#) on moving day. Not only can it help make the move feel smooth and organized, but it will also free up more time to spend with your child. However, finding a good mover isn't as simple as calling the first company that pops up in an internet search. Consider interviewing three potential movers and be sure to discuss not only the aspects of moving but also [what autism is](#) and how moving may affect your child. If they're happy to accommodate your needs, then your search may be over.

## Do your homework

There's a lot to research when you're [looking for a new home](#), and this is especially true for parents of children on the autism spectrum. You can start by getting a feel for home prices in your desired area. This will help you narrow your search. Then, you'll need to consider features in the new home that can help your child thrive. Although most homes can be modified to be more autism-friendly, look for basic features that you know will make a big difference.

Start by making sure that the home provides a [healthy sensory environment](#) for your child. For example, consider the acoustics of your potential new house. If it's a cavernous space with stone or wood surfaces (without sound-dampening carpets, curtains, and textiles), it's unlikely to be a good fit for your sound-sensitive child. Lighting is another consideration, as soft, natural light is often better than bright, artificial light.

## Find support

Consider asking a support person (such as a friend or relative) to help manage [safety](#) on moving day. An extra pair of eyes and hands will be helpful because you'll be distracted. Scope out any potential hazards (such as busy roads, construction sites, or bodies of water) ahead of time, and make sure your support person is aware of these.

If you have trouble finding someone to help you, reach out for community-based [support](#) in your new area. You'll benefit from having a strong network, so consider making some contacts before you move. There are also regional [resources](#) and [organizations](#) that can help. Try to remember that you and your family are not alone – help is available if you need it.

## Be flexible

It's easy to get caught up in the shuffle of moving and push through your fatigue or discomfort for the sake of sticking to the plan. This isn't the time to do that. As helpful as a plan can be, try to be open to any necessary changes. Build some flexibility into your timeline. For example, if you're moving cross-country and had a really rough day of [traveling](#), consider taking a rest day to unwind, use supportive [behavior strategies](#) with your child, or have some fun.

Although there is a lot to consider when moving with your child on the spectrum, it doesn't have to be overwhelming. There's a lot you can do in advance to mitigate stress for both you and your child. Start by hiring a great moving company, doing your research, and finding support. If you're able to take breaks and stay flexible, you can sail through moving day and into your home.