



# Moving With Babies



Moving with a baby can be very challenging, but here are some tips and tricks to help make the process smoother and less stressful

1. **Plan Ahead:** Start planning and organizing for the move well in advance to minimize stress and last-minute rush. If you are in a rush you are likely to forget something important.
2. **Pack Essentials Separately:** Pack a separate bag with all the essentials your baby will need during the move and immediately upon arrival at the new home. This includes diapers, wipes, formula or breast milk, bottles, pacifiers, baby food, and favorite toys or comfort items.
3. **Keep a First Aid Kit Handy:** Ensure you have a well-stocked first aid kit readily accessible during the move, including baby-safe medications, bandages, thermometer, infant's tylenol, desitin, and any other essentials.
4. **Stick to Routines:** Try to maintain your baby's regular feeding, sleeping, and playtime routines as much as possible during the move to provide a sense of stability and comfort.
5. **Create a Safe Space:** Set up a safe and comfortable space for your baby during the move where they can play, nap, and rest undisturbed. This could be a portable crib or playpen in a quiet area. If you can move all the other furniture out of that room then your baby won't get woken up by movers coming in and taking furniture from the room.
6. **Baby-proof the New Home:** Before moving in, baby-proof the new home by securing cabinets, covering electrical outlets, and removing any potential hazards within your baby's reach. Also if you are buying an older house check for the presence of lead paint.
7. **Keep Baby Close:** During the move, keep your baby close to you in a baby carrier or sling to provide comfort and security while allowing you to have your hands free to handle tasks. If you have them in another room then have a baby monitor on your person so you can hear them in a noisy environment.
8. **Provide Distractions:** Pack plenty of toys, books, and other distractions to keep your baby entertained during the move. Consider introducing new toys or activities to keep them engaged.
9. **Dress Comfortably:** Dress your baby in comfortable and weather-appropriate clothing during the move, and pack extra layers in case of temperature changes. Be conscious of the weather where you are and where you are going.
10. **Maintain Comfortable Temperatures:** Ensure your baby stays comfortable by maintaining appropriate temperatures in the car and at your home. Bring blankets or layers to keep them warm if needed and have a fan and mist spray bottle if it could get hot. When moving you will often have the door open to the outside as furniture and boxes go in and out so plan accordingly.
11. **Plan for Feeding:** If you're breastfeeding, plan for nursing breaks during the move to ensure your baby stays hydrated and nourished. If bottle-feeding, pack enough formula or pumped breast milk for the journey.
12. **Coordinate Naps:** Try to schedule the move around your baby's nap times to minimize disruptions to their sleep schedule. Create a quiet and comfortable space for naps during breaks in the move.



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Carefully weigh the risks of doing the move yourself and hiring movers. Babies require a lot of attention and so does moving, so assess whether you can do it all or not and don't be afraid to ask for help.

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**13. Take Breaks:** Plan for frequent breaks during the move to give yourself and your baby time to rest, stretch, and recharge. Use breaks to feed, change diapers, and attend to your baby's needs. Hire movers if possible to ease your stress and burden.

**14. Stay Organized:** Keep baby-related items, such as diapers, wipes, and changing supplies, easily accessible in a designated bag or container to streamline diaper changes and feedings during the move. Also keep on hand important information such as the baby's medical records.

**15. Minimize Stress:** Stay calm and composed during the move to help reassure your baby and minimize their stress levels. Your positive attitude and demeanor will help set the tone for the experience. Stress can affect your baby when it senses your mood, but also it can affect your milk supply if you are breastfeeding.

**16. Accept Help:** Don't hesitate to accept help from friends, family, or professional movers to lighten the load and make the moving process smoother. Delegate tasks as needed to focus on caring for your baby.

**17. Research Healthcare Providers:** Research pediatricians, urgent care centers, and hospitals in your new area before the move so you're prepared in case of any medical emergencies or concerns.

**18. Get Baby Settled First:** Upon arrival at the new home, prioritize setting up your baby's sleeping area and familiar belongings to help them feel secure and comfortable in their new environment. If you can have a similar layout as your old home it will make things feel more familiar to them.

**19. Take Care of Yourself:** Remember to prioritize self-care during the move to ensure you have the energy and stamina to care for your baby. Get plenty of rest, stay hydrated, and delegate tasks when needed. You can't expect to take care of others if you are running on empty.

**20. Take lots of pictures:** Time passes too fast and you will want to have memories of your old house and moving into your new home.

