
How Do I Move House with a Baby or Young Child?



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Plan Ahead — and Start Early

When you’re [moving with a baby](#) or toddler, planning is everything. Give yourself plenty of time — at least 4 to 6 weeks — to reduce last-minute stress.

- Declutter before packing — less to move, less chaos. Consider starting with a [Create Inventory List](#) to track baby items and essentials before moving day.
- Arrange childcare for moving day if possible
- Book your movers early, especially if you're moving on a weekend or during school holidays
- Organise utilities, change of address, and GP registrations in advance

? **Tip:** Try not to schedule the move during nap time or feeding time.

Keep a “Baby Bag” Ready

Prepare a dedicated bag with essentials your child may need during the move and for the first night in your new home. Think of it as a travel survival kit.

- ? Formula, bottles, snacks, or breastfeeding cover
- ? Nappies, wipes, extra clothes
- ? Travel cot or portable crib
- ? Favourite toys, blanket, dummy, or white noise machine
- ? Baby thermometer, creams, medicine (if applicable)

Keep this bag with you at all timesto avoid last-minute searching in boxes.

Use a [Packing Service](#) If You Can

Between feeding, changing, and calming your baby, there’s little time left for packing. That’s where we come in.

London Man Van’s [Packing & Unpacking Services](#) save families days of physical and mental stress. Our trained team wraps, packs, and labels everything, so you can focus on your child without worrying about boxes and tape.

Child-Proof the New Home in Advance

Before your baby or toddler starts crawling around your new home, take steps to ensure it’s safe:

- Secure furniture to walls to prevent tipping
- Cover electrical outlets and manage cords
- Keep small or hazardous items out of reach
- Check balcony doors, window locks, and install safety gates
- Create a designated “safe play zone” for your child as you unpack

Even one or two hours of pre-move childproofing can make a big difference.

On Moving Day — Keep Kids Safe and Occupied

? Best Option: Arrange Childcare

If you can, ask a grandparent, friend, or babysitter to watch your child off-site. This minimises distractions and keeps your child calm.

? If They Stay With You:

- Use one room as a “safe space” — fill it with toys, books, and snacks
- Assign one adult to be in charge of supervision
- Keep cleaning products, sharp tools, and heavy boxes out of reach

Moving into a Flat or Shared Building?

London flats present extra challenges for families:

- No lift? Stairs slow down the process
- Narrow hallways make it harder to move furniture or buggies
- Noise can overstimulate babies and toddlers

Let us know in advance. We'll schedule ideal time slots and bring extra movers to speed up the process. Use our [Van Size Calculator](#) to choose the right vehicle for your move — especially useful if space is tight.

FAQs – Moving with a Baby or Toddler

What's the best time of day to move with a baby?

Mid-morning is ideal — after breakfast and before the first nap. It avoids early chaos and rush-hour traffic while keeping your child settled during the move.

Can movers help with packing baby items?

Yes. Professional movers handle baby gear with extra care. Our team packs prams, cots, toys, and feeding equipment safely and efficiently.

Can I breastfeed or bottle-feed during the move?

Absolutely. Keep your baby bag close, and we recommend setting up a quiet corner where you can feed comfortably while we take care of the heavy lifting.

Is it safe to move house with a newborn?

Yes, if you plan well and minimise disruption. Ensure your baby has a safe space, maintain routines as much as possible, and choose movers experienced with family relocations.

How can I make the new home comfortable for my child quickly?

Set up their room or sleep area first. Use familiar items like blankets, toys, and white noise. Stick to bedtime routines even on the first night to help your child settle in faster.

Summary

Moving with a baby or toddler doesn't have to be chaotic. By preparing early, keeping your child's needs in mind, and getting help from professional movers, you can ensure a smooth, low-stress transition for the whole family.

????? Planning a move with kids?

Let London Man Van take the pressure off. We offer flexible, family-friendly moving services across London, including expert packing and safe transport.

? [Book Your Move Online](#)

? Or call us today on [020 7060 4743](tel:02070604743) to speak with our helpful team.