

How to sell your home when you have kids



Expert Tips
Inside

Did you know?

There are over 8 million families in the UK with dependent children. And at any given time, around 1 in 30 households is in the process of moving. That's thousands of families navigating the challenges of selling a home while keeping family life running smoothly!

We all love our kids – they bring joy, laughter, and a bit of chaos too. But let's be honest, when it comes to preparing for viewings or last-minute tidy-ups, they can sometimes make things a little trickier.

Children can be a distraction for buyers. They can create clutter that's difficult to keep under control. And even their presence during a viewing might shift a buyer's focus away from your home and onto the cute toddler dancing in the lounge!

This handy guide will give you some top tips on how to sell your home with children!

“Children fill a home with love — and sometimes a little clutter too!”



It's time to tell the kids



Start with a family chat

Once you've decided to move, involve the kids early on. Make it sound exciting — a new adventure, a fresh start! If you're staying local, reassure them about their school and friends. Talk about the fun bits: a bigger bedroom, a garden to explore, or a chance to help decorate their new room. Including them in the journey helps reduce anxiety and builds excitement.

Clear off the fridge magnets and de-clutter

Create a blank canvas

Buyers want to imagine themselves living in your home — not someone else's family life. Pop away the fridge magnets, school art, bath toys, and baby gear. A clean, clutter-free space feels more open, inviting, and easier for buyers to visualise as their own. Don't worry — the memories are coming with you!



Invest in a toy box



Keep playtime packed away

Toys are a part of life with children, but they don't need to be on show during viewings. A few smart storage boxes or baskets can make tidying up quick and stress-free. A neat, well-organised kids' room looks more spacious and appealing — and shows buyers that the home works well for family life.

Take the kids out on viewings day

Let the home do the talking

If you can, take the children out during viewings. It helps buyers stay focused on your home, rather than being distracted by little ones — especially if they're excited, noisy, or having an off day! A calm, quiet atmosphere gives buyers space to explore and connect emotionally with your property.



Create a 'show-ready' zone



Designate a tidy space

Let's be real — keeping the whole house spotless every day with kids around is a big ask. Instead, pick one or two key spaces (like the living room or kitchen) to always keep “show-ready.” That way, if a last-minute viewing comes up, you're halfway there already. Get the kids involved too — even little ones can help with a quick tidy-up game!

Build viewings around your routine

Work with your family rhythm

Try to schedule viewings around nap times, mealtimes, or busy school runs. Not only does this reduce stress, but your home will also feel more relaxed and welcoming. Your agent should be flexible and understanding — after all, moving with kids is a team effort!



Tailored Advice



Selling your home with children around isn't always simple — we completely understand that. But with a little preparation and a clear plan, it can absolutely be done with far less stress.

Start by focusing on the things that make the biggest impact: a good de-clutter, tidy spaces, and a home that feels calm and welcoming. These small steps can go a long way in helping buyers see the full potential of your property.

And remember — your children are part of this journey too. Involving them (even in small ways) helps everyone feel more in control and excited about what's to come. At JDG, we're here to guide you through it all.

Whether it's tips on preparing your home or simply helping you build a viewing plan around your family's schedule, we'll tailor our advice to your needs.

Let's chat about your move — and how we can make it work for you.