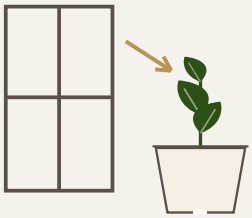
Help a plant adjust to changing light

Check the light reaching the leaves before changing the position. A room that looks bright to you may still have corners that are too dark for a plant.

Applies to: For repositioning ordinary indoor plants in potting mix. Check the species requirements first; outdoor plants, flowering plants and grow lights need their own guidance.

01



Observe actual light

02



Match light to the plant

03



Change exposure gradually

Original teaching diagrams, not species photographs. Scale and moisture shading are illustrative.

01 Observe the light at leaf level

Check the same spot in the morning, around midday and in the afternoon. Note whether direct sun reaches the leaves and what curtains, tinted glass or nearby buildings block. Take a photograph from the plant's position. Window direction alone is not enough; light usually falls sharply farther into the room.

02 Choose a position for the species

Look up whether the species needs indirect light or can tolerate direct sun. Bright indirect light provides good daylight without sun rays falling on the foliage. Shade tolerance does not mean darkness is suitable. If growth becomes stretched or leans strongly towards the window, reassess the light before adding fertiliser.

Put it into practice

03 Increase light gradually and observe

When moving a plant from a dimmer spot towards a window, make a small change first or filter strong sun with a sheer curtain. Observe the foliage before increasing exposure again. Do not give a sudden burst of strong sun to compensate for shade; adjust the pace to the plant's response.

04 Watch for new changes after moving

Record the move and photograph existing marks so you can recognise new pale patches or scorched areas. If damage appears after increasing light, reduce direct exposure and investigate. Avoid changing fertiliser, pot and watering all at once. Light also affects drying, so check the potting mix before deciding to water.

Three things to remember

1	Record light at different times
2	Adjust the position gradually for the species
3	Compare new growth and fresh damage

Pause and ask for help

If marks keep spreading, many leaves fall or stems soften, stop increasing light or trying remedies. Send Plantshop photos of the whole plant, leaf undersides, potting mix and position for assessment.

Sources and use

Use this general lesson alongside the matching plant care guide. Substrate, pot system and conditions change what is appropriate. Sources checked: 30 October 2026.

1. Iowa State University Extension — How to Care for Houseplants
2. RHS — Moving houseplants outdoors for summer
3. University of Minnesota Extension — Spring houseplant care