

General Travel Tips

When traveling with a loved one with autism, airports can often be a source of anxiety and stress for both the individual with autism, as well as their families.

Create a Schedule: Create and stick to a schedule. Of course, unexpected things come up sometimes, but doing your best to stay on track will help children know they can rely on the schedule and feel confident in knowing what to expect. Go over the schedule ahead of time so everyone is on the same page and knows what to expect.

Make time for sensory time outs: Having a safe space designated where a child can go if they are having a hard time is important.

Sensory friendly activities: When planning for travel, sensory friendly activities are extremely important to a family with a child with ASD.

Make a go-bag: Fill a bag with pre-established calming tools. Some examples are:

Noise canceling earmuffs	Favorite toy/stuffed animal
Sunglasses	Chewing gum
Hat	Weighted blanket
Headphones with music/game	Bottled water
Fidget toys: silly putty/worry stone	Healthy snacks

Have an exit strategy: Sometimes, no matter how many strategies you have in place, things can become too overwhelming for someone with sensory issues. Set up a signal (something simple not to cause a scene). If you have an established pre-travel, ensure the staff is aware so they can help if needed.

Security: Your resort should have closed captioned security camera monitored around the clock to help ensure the safety of your child with ASD.

Autism Awareness Cards: It can be frustrating or uncomfortable when people stare or pass judgement on someone we care for who has autism. You can make or purchase autism awareness cards to educate those around you. Below is an example of verbiage to use on an autism awareness card:

My child is not spoiled
My child has autism

My child is not misbehaving -- my child has autism.
Autism is a complex neurological disorder which can
cause children to behave this way. Each child with
autism faces different challenges, so one child with
autism may behave completely differently than another.

Thank you for your understanding.

If you have questions, please contact us.

Thank you.

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TRAVEL with EASe

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