



Travel Checklist for Parents

Traveling with kids who need extra support?

Consider a mindset reset—put presence over perfection and celebrate the small victories.



PRE-TRIP PREP

- Get doctor's letter for accommodations.
- Research restaurants and other venues.
- Practice scenarios at home.
- Fill your child's emotional tank with extra connection and attention.



KNOW YOUR SCRIPTS

"My child is neurodivergent and needs space. Thank you for your patience."

"We have a medical letter explaining my child's needs."

"My child has sensory sensitivities and may make vocalizations."



WHEN THINGS GET DIFFICULT

- Focus on your response, not others' opinions.
- Regulate before you relocate.
- Go **low and slow** with your child:

Step 1: Hear "This is really hard for you."

Step 2: Be with "I'm right here with you."

Step 3: Believe "I know you can do this."



PACK SMART

Comfort

- Headphones, sensory items
- Special security item

Activity

- Quiet, soothing activities
- Small surprises

Food

- Easy to reach snacks
- Safe foods = OK foods



BE YOUR CHILD'S ANCHOR

- Stay calm.
- Explain each step.
- Connect with the flight attendants.



ROAD TRIP SUCCESS

- Plan stops every 1-2 hours.
- Pack soothing (not stimulating) activities.