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TIPS FOR TRIPS

# NEWSLETTER

## NOVEMBER, 2018

### TIPS FOR TRIPS

Things you need to remember as you prep for christmas holidays when travelling with your special needs child.

The essence of a holiday is relaxation, something that every parent needs. But, taking a vacation with our kids can at times be rather stressful. Here are a few things you can do to make this year's vacay a fun experience for your child, your family and above all yourself.

**First and foremost put the idea of a vacation on the table:**

Any change in the environment and routine can be stressful to our children. Talk about the soon approaching holidays. It maybe a good idea to discuss with your child about taking a trip during your family time or at the dinner table. With the whole family around, it might help you express to your child how going on vacations can be super fun. Another great way to break the ice is to involve your child in the process of choosing the destination if possible!

**Prepare your child about the place you plan to visit:**

Depending on your child this can be done by either using a social story (depicting your trip from start to the end), a visual schedule of your trip, or just a the list of the places that you will be visiting. It will help your child understand what to expect and familiarize



self with the new place.

**Pack with your child:**

Involve your child when packing their bag. This will give you an opportunity to tell them more about the place, the kind of weather there, the appropriate clothes to wear, the things you'll will be doing there, etc. For example if your planning a vacation to Goa, talk to your child about the beach, sand, water, waves, let him/her choose the shorts to wear to the beach. Talk about the beautiful sand castle you can make together while at the beach.

P.T.O.

**In-spite of all odds bring a little bit of home to your vacation:**

Carry your child’s favourite toy, book, stuffed animal, or blanket along with you, to the vacation. This small but familiar object will help provide your child some emotional security, when away from home.

**Keep an emergency kit with all essentials safely:**

If your special needs child has favorite toys, security items or essential medical items, you don’t want to discover them missing halfway home. As you pack, make a checklist of all essential items and double check it before you leave each stop of your journey. Keep a spare kit ready with all the things if possible.

**Make your journey to the destination a pleasant one:**

If you are taking a train or flying to your vacation, pick seats up front and near the bathroom. Reach in advance so that you can board as early as possible. If and when flying, once seated, inform all flight attendants on the plane about your child. The more they know, the better they will be equipped to help, if needed.

While on the train/plane carry a “goody bag” with knick knacks that your child likes such as coloring books/crayons, reading books, stickers, iPad, snacks, water, etc. Carrying a brand new small toy maybe a good idea as it might excite your child and help divert their mind from the anxiety of the journey.

**Once at your destination:**

Keep your first few days in the itinerary light with less moving around so your child gets time to adjust to the new place. See what interests your child and follow their lead to plan the first few days. This will help them acquaint self to the new place. Make a schedule for each day and discuss it with your child. Plan your day such that your child gets his/her meals on time and always remember to carry your essentials kit and goody bag wherever you go even on short excursions.

Traveling with special needs children can be easily conquered if you plan well ahead in time! Happy traveling!



*“Travelling with special needs children can be easily conquered if you plan well ahead in time!”*



For any question or concerns regarding the newsletter please write to us on:

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