



TRAVEL SUCCESS TOOLKIT

Helping Your Child Feel Safe, Comfortable & Ready for Adventure



♥ A little preparation goes a long way to a happy and successful trip! ♥

1 BEFORE WE LEAVE

Pack comfort items

	Headphones		Downloaded shows/games
	Fidgets		Comfort item
	Water/Snack		Favorite blanket or pillow

♥ Familiar items help unfamiliar places feel safer.

2 SHOW THE PLAN

- Use a visual schedule
- Show pictures of where you're going
- Talk about what comes first, next, and last

★ Knowing the plan often reduces anxiety.

3 USE FIRST-THEN LANGUAGE

FIRST
THEN

- First we drive.
- Then we stop for lunch.
- Then we arrive at the hotel.

★ Breaking big events into small steps helps children feel successful.

4 DURING THE TRIP

Give alerts before transitions.

- "10 more minutes."
- "One more stop."
- "After lunch, we'll leave."

♥ Predictable transitions are easier than surprise transitions.

5 WHEN STRESS HAPPENS

Pause and ask: "What would help right now?"

Music	Movement break	Water/Snack	Quiet time	Comfort time	Visual schedule

♥ Not every problem needs a fix—sometimes it just needs support.

6 PLAN B IS PART OF THE PLAN

Sometimes things change. That's okay!

Weather changes	Traffic	Restaurant changes	Delays	

★ A successful trip isn't a perfect trip—it's one where everyone feels supported.

TRAVEL SUCCESS MEANS...

Feeling Safe	Making Memories	Trying New Things	Building Confidence	Enjoying Time Together		

PREPARATION → PREDICTABILITY → CONFIDENCE → SUCCESSFUL TRAVEL!