

# Tips for Trips



As the weather gets warmer and the days get longer many families are venturing out into the community more. Many parents are asking how can outings in the community be less stressful?? Whether it's a trip to a local park or a day at the beach, the team at Fun and Function has some tips!



## Bring your tools!

- Pack a few familiar sensory items and offer one as you leave home to start the trip
- Upon arrival, offer to continue with the sensory tool they have or choose a new one. They may prefer less change or prefer the excitement of a new one
- Consider wearing clothing that offers gentle compression or light weight for a calming effect

**Consider the sensory triggers** in the environment (bright lights, loud music or chatter, small spaces etc) and plan how to address them

## Paint the Picture

Before heading on a trip, use any tools you have to give your child an understanding of what to expect.

- Visit the location before (when possible)
- Show pictures from the web
- Describe the smells, sounds, and people
- Check YouTube for videos on the location

**Create a visual schedule** showing them the order of events and when return to home will be

## Plan a break

- Call or visit in advance to find out where your child can take a sensory break
- Plan how your child will request a sensory break
  - visual card with a timeout picture
  - verbally asking for a break
  - tapping you

Discuss in advance so they know how to get the break they need before they meltdown. When you arrive, and again throughout the trip, offer your child a sensory break as they may not remember the plan when in the new situation

## Time for success

Plan your trip for non-peak hours to avoid overwhelming crowds, especially if it's the first time your child is visiting the location.

## Suggested tools



Sensory Survival Kit>



Denim Weighted Vest>



Break Bag™>



Sloth Heavy Hugger>



Noise Reduction Headphones>