



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

UNC-CH, Department of
Epidemiology

Summer 2012

www.NCSEED.org

Tips for Traveling with Young Children

Traveling for vacation or to visit family can be stressful for young children, especially for those with developmental disabilities. Travel is a fun and important part of life and planning ahead can make sure that your trip goes as smoothly as possible!

- Keep up your child's routines as much as possible, especially for sleep and mealtimes. All kids are much more likely to be cranky when they're off schedule.
- Tell them ahead of time about what you'll do on the trip and create a "countdown calendar."

For children with disabilities, creating and reading a Social Story™ together can be very helpful.

- If you'll be flying, tell your child ahead of time what to do in the security line. Many airports allow children with autism to practice going through security so they know what to expect.
- Make sure to keep coloring books, quiet toys, and snacks handy for flights and long car rides. Consider bringing board games and DVDs as backups for rainy days.

- Leave plenty of extra time in your schedule and don't plan to do too much. Keep it simple, and focus on having fun!



NOTES

- SEED has just started enrolling families
- Study progress will be reported in these newsletters as we get going!



Tips for Fun at HOME

What is there to do?

Meet at the family TV for a movie and popcorn.

Board games can be fun but when is the last time you played hide and seek with your children?

Many game systems have games that the entire family can play together. Get out those dancing shoes and compete against your kids on the family's gaming system. You just might be amazed that you still have some moves!

Go to the park, ride bikes, have a backyard picnic, or kick the soccer ball around.

Family time is what you make it. It doesn't have to cost a lot or anything at all.