Kiddo Connections

TRAVEL TIPS for SENSORY SENSITIVE CHILDREN

A little planning can make a big difference!

1. PLAN AHEAD

Research your destination, check out sensory-friendly spaces, and plan for breaks.

2. PACK SMART

Bring noise-canceling headphones, sunglasses, fidgets, comfort items, snacks, and extra clothes.

3. PREPARE & VISUALIZE

Talk through the trip, use social stories or visuals, and let them know what to expect.

4. BUILD IN BREAKS

Schedule downtime. Sensory breaks help prevent overwhelm and big reactions.

5. STICK TO WHAT WORKS

Familiar foods, routines, and sleep schedules provide comfort and regulation.

6. BE FLEXIBLE & KIND TO YOURSELF

Things may not go as planned, and that's okay.
Celebrate small wins!

SENSORY TRAVEL CHECKLIST

- ☐ Noise-canceling headphones
- ☐ Sunglasses / hat
- ☐ Comfort item / lovey
- ☐ Fidgets / sensory toys
- ☐ Snacks & water
- ☐ Change of clothes
- ☐ Visual schedule / social story
- ☐ Hand sanitizer / wipes
- ☐ Extra patience & grace

REMEMBER:

**It's not about behavior—
it's about communication.**

Connection, compassion, and understanding help our children feel safe and supported.

You know your child best.

Trust your instincts and make the trip work for your family.

**When we understand their world,
we can help them navigate ours.**