



Summer Travel Tips for Families with Children on the Autism Spectrum

1

Plan Ahead with Visuals

Use visual schedules to show your child what's happening now, next, and later — before and during your trip.

2

Pick Autism-Friendly Places When Possible

Some destinations offer sensory accommodations and low-stimulation environments.

3

Pack a Comfort Kit

Bring familiar items, sensory tools, snacks, and entertainment for comfort.

4

Choose Supportive Lodging

Look for places to stay that match your child's routines and offer quiet, flexible spaces.

5

Prepare for Air Travel

Use visuals, TSA Cares, and practice visits (if allowed) to help your child feel confident and prepared.

6

Stick to Core Routines When Possible

Keep mealtimes, sleep, and downtime consistent to help your child feel secure.

7

Plan for Restaurants & Attractions

Preview menus and bring comfort items to support a positive experience out and about.

8

Embrace Flexibility & Celebrate Wins

Be ready to adjust plans and celebrate small victories along the way.



 *Bonus tip: Some airports offer mock boarding programs so families can walk through the entire flying experience before travel day.*



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