



PG 02

Traveling with ASD – Making Adventures Easier and More Enjoyable

Tips for Traveling
with a Child on
the Spectrum

PG 03

Books to
Check Out

PG 04

JUNE 2025

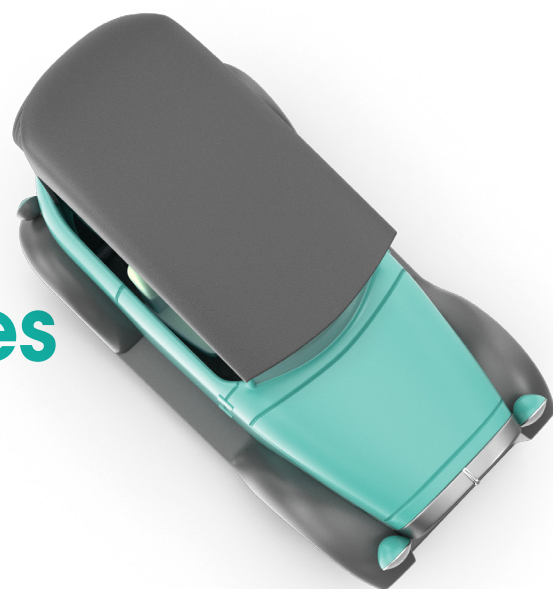
NO. 14



triumph

Behavior Support

Traveling with ASD Making Adventures Easier and More Enjoyable



Dear Triumph ABA Parents,

Summer is here, and for many families, that means planning day trips, getaways, or visits with loved ones. While travel can be exciting, it often brings unique challenges for children on the autism spectrum. New environments, disrupted routines, and sensory overload can make what should be fun feel overwhelming—for both the child and the caregiver.

The good news? With thoughtful preparation, travel can become a positive and even growth-promoting experience. In this month's newsletter, we're sharing tips, tools, and strategies to help you anticipate potential stressors

and support your child before, during, and after travel. From building visual schedules to packing sensory tools and creating "safe spaces" on the go, we'll help you set the stage for smoother transitions and memorable moments.

Whether you're traveling across the country or just across town, the goal is the same: to make your child feel safe, understood, and empowered—wherever the road takes you.





Tips for Supporting Successful Play Dates

1

Preview the Trip: Use social stories, photos, or Google Maps to show your child where they're going and what to expect. This helps ease anxiety around the unknown.

2

Bring a Travel Schedule: Create a simple visual schedule outlining key steps in the trip (e.g., "Car → Airport → Plane → Hotel") to increase predictability.

3

Pack Sensory Supports: Noise-canceling headphones, fidget toys, weighted lap pads, or familiar snacks can help your child self-regulate during transitions or overstimulation.

4

Practice Transitions: If possible, do "mini trips" ahead of time—like visiting a train station or airport—to practice waiting, walking through security, or wearing a seatbelt.

5

Have a Comfort Plan: Identify and communicate your child's signs of distress early. Know in advance how you'll help them take a break, reset, or return to calm.

6

Build in Recovery Time: Allow time after travel for your child to rest and reintegrate back into routine—this can make the whole experience feel more manageable.

NEWSLETTER



TO
CHECK
OUT

Autism on the
Go: A Travel
Resource
Guide for
Families by
Ellen Notbohm

The ASD and Me
Picture Book: A
Visual Guide to
Traveling with ASD
by Melanie
Heyworth

My Travel
Journal
(adaptable
social story
format –
various
publishers)

I Am Going
on a Trip by
Laurie
Leventhal
-Belfer

Taking Autism
on the Road
by Pamela
Compart

Quote of the month:

**Preparation is
the key to success.**

- Alexander Graham Bell



No two trips will look the same—and that's okay. The most meaningful travel memories are created when we meet our children where they are and support them through each experience, big or small. With the right tools in place, travel can become less about “getting there” and more about growing together.