



Surviving Holiday Travel

What's Your Plan?

Be Prepared

The hustle and bustle of the winter holidays are a stressful time for neurotypical individuals. It is even more so for those with special needs. You can do your part to reduce the stress of the numerous gatherings and the time spent travelling by planning for success

Incorporate:

- Real Expectations
- Real Solutions

Strategies:

- Know Your Child: Strengths and weaknesses
- Know the Lay of the Land: Child friendly or not, adaptable?
- Recruit Allies: Give people the opportunity to be part of the solution.