



Summer Get Aways

For many, summer is a time to try to get away for a while, whether it's a day at the park or a trip to the beach. When travelling with a child on the spectrum, there are often many more considerations parents and caregivers must think about when planning trips. A few suggestions are below:

Location

Once you have decided on the travel destination, try calling your hotels, theme parks, airports, or other locations to see if they offer convenient services and special accommodations for children with autism.

Questions to ask:

- Do you have sensory friendly accommodations?
- Can you provide resources to meet my family's needs?
- Is there roaming security here? What is the process to find a child that has wandered off?
- Where in the park can we go to regroup and find a quiet spot?
- May need to ask about early check ins or late check outs or special menus if your child has dietary restrictions.

Sensory friendly areas

The new places, noises and crowds can be overwhelming for a child with autism. Be on the lookout for those things in the environment that may be difficult for your child and have a plan for an exit strategy if needed.

More and more places, such as airports, theme parks, and family destinations are opening sensory friendly spaces for children and their families.

Establishing a routine

Changes in routines may be difficult for some children. Try keeping a routine as predictable as much as possible, such as the same mealtime or bedtime routines. Bring along books, toys, or other familiar items they use in their routines at home.

Preparing for travel

You can help prepare children for vacations or a day away from home by showing them what to expect and when. Try showing your child pictures or videos of your destination or pictures from past vacations. Using calendars and daily written or picture schedules can help children "see" the next activity and may help with smoother transitions. Schedules also give parents and caregivers an opportunity to discuss expectations with their child.

Be sure to praise your child when they are doing well. By giving positive feedback, the chances of your child repeating these good behaviors increase in the future. Celebrating the smallest of achievements or acts of good behavior can make a vacation more fun and successful for the whole family.

THIS MONTH'S FAMILY MEETINGS

Houma 6/8 Lemonade with Loved Ones Group Meeting
8:45am in person

Thibodaux Lemonade with Loved Ones- invites will be emailed and sent home

Group 1: 6/6 8:30am

Group 2: 6/7 8:30am

New Orleans 6/10 10:30am in -person. 900 Camp St, 3rd Floor, NO, LA 70130

Baton Rouge Pre-K and SLA 6/14 at 8:45 in person

Lafayette 6/21 Group Meeting, time to be determined

Hammond 6/5 Group Meeting at 8:30am in person

Houma/Thib/NOLA Online 6/22 12:00pm Tips for Prompting

Dr. Carmen Broussard Online Series for all families:

6/2 9:00am Hygiene and Puberty

6/8 12:00pm Transitions

Dr. Broussard's sessions are held online via TEAMS, contact Angie at alanoux@tc-aba.com to register

Group sessions are open to any Touchstone parent or other legal guardian. Other caregivers may attend **with** parents/guardians. Individual sessions can be conducted at the centers, in the home, or in the community, and address your child's specific needs.

Join Us! If you are unable to attend the monthly meetings, please contact Angie Lanoux at: alanoux@tc-aba.com to set up individual meetings.

Parent Collaboration Support:

Houma/Thibodaux/NOLA- Paula White at pgwhite@tc-aba.com

Baton Rouge/Lafayette/Hammond- Mary Johnson at mjohnson@tc-aba.com

Janice Huber at jhuber@tc-aba.com

Carmen Broussard at cbroussard@tc-aba.com

Here are a few resources for traveling:

Touchstone's Angie Moran, LBA, BCBA on the news [talking about vacation plans](#)

<https://www.autismspeaks.org/traveling-autism>

<https://online.simmons.edu/blog/preparing-trips-children-with-autism/>

<https://news.umiamihealth.org/en/traveling-with-autism/>