

# TRAVEL

## Check List



### Before You Book

- Research airlines' special needs assistance programs
- Add the DPNA code to your booking if your child has autism, ADHD, or other developmental needs.
- Contact the airline's special assistance team to discuss accommodations.
- Check if the departure and arrival airports have sensory rooms or hidden disability programs.

### Packing Essentials

- Noise-canceling headphones or earplugs.
- Fidget toys, sensory items, or comfort objects.
- Healthy snacks and favorite treats.
- Fully charged tablet or entertainment device (download favorite shows or calming apps).
- Change of clothes (for accidents or spills).
- Medical documents or a doctor's note explaining any conditions if needed.
- Sunflower lanyard or hidden disabilities ID, if you have one.

### Most Importantly:

- Take a deep breath. You're doing your best. And that's more than enough.

### Day of Travel

- Arrive early to avoid rushing and give your child time to adjust.
- Use priority/security fast-track lanes if available.
- Talk through the day's plan with your child using a visual schedule or story.
- Let airport staff know you're traveling with a child who has additional needs.
- Board early or last—whichever works best for your child.

### During the Flight:

- Have calming items and snacks easily accessible.
- Speak to a flight attendant when you board and let them know how they can support you.
- Don't hesitate to take little walks up and down the aisle if your child needs a movement break.

