

# AUTISM FRIENDLY GUIDE

TRAVELING WITH EASE



**COMPREHENSIVE**  
BEHAVIOR SUPPORTS

## AUTISM FRIENDLY GUIDE

# Traveling with ease

Traveling with your family can be an adventure, but travel can also be stressful. Follow this helpful checklist to reduce the stressors involved with flying.

### WHEN YOU BOOK YOUR FLIGHT

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- Book through the airline directly instead of a third party site if possible. When you book directly through the airline you can select an option for “additional assistance,” then select “special needs assistance.” This option is not available on third party sites
- Choose a preferred seat based on your child’s preferences
- If possible, fly out of smaller airports as noise levels and crowds will be reduced
- If possible, fly nonstop to avoid layovers
- Sign up for TSA Precheck so you don’t have to remove shoes or jackets and will have access to shorter lines

### BEFORE YOUR FLIGHT

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- If your child uses a calendar, show them the date of the flight as soon as it’s booked
- Utilize a social story
- Watch videos on YouTube about flying, such as this one made by the father of a child with autism:  
<https://www.youtube.com/watch?v=a6oBGKEdYxc> - start at 1:57 mark
- Ask your BCBA for additional assistance in preparing your child for the flight
- Request assistance in advance through TSA Cares, using this link:  
<https://www.tsa.gov/contact-center/form/cares> - You should make your request at least 72 hours in advance in order to attain accommodations through airport security



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# *Traveling with ease*

### DURING YOUR FLIGHT

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- You have the right to request additional assistance during boarding, deplaning, and making connections
- Use visual supports
- Utilize reinforcers consistently throughout the visit (don't wait until things start going wrong!)
- Save some reinforcers for later in the flight, especially if it is a long flight
- Take pictures you can use for future social stories

### AFTER YOUR FLIGHT

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- Do something highly preferred by your child right after the visit
- Write down unexpected obstacles so you can plan for them next time
- Make notes for your social story



*A smile  
with every  
step forward.*



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