

Airport Sensory Strategies: A Guide for Parents and Caregivers

Traveling through an airport can be overwhelming for children with sensory needs. This guide provides practical strategies to ensure a smoother experience for you and your child.

1. Before You Travel

- Practice: Role-play airport scenarios like security checks.
- Visual Schedule: Show the steps of the trip using pictures or lists.
- Plan Ahead: Look up quiet areas or sensory rooms at the airport.
- Pack Essentials: Bring comfort items like headphones, fidgets, or weighted blankets.

2. At the Airport

- Arrive Early: Allow extra time to avoid stress.
- Request Help: Use services like TSA Cares for smoother navigation.
- Take Breaks: Use quiet spaces to help your child reset.

3. Managing Overload

- Limit Inputs: Use headphones, adjust lighting, or remove itchy layers.
- Distractions: Pack calming activities or sensory-friendly toys.

4. On the Plane

- Choose Seats Wisely: Opt for a window seat for less traffic.
- Help with Pressure: Use gum, snacks, or sippy cups during takeoff.
- Keep Engaged: Bring snacks, games, or books.

5. After the Flight

- Plan Quiet Time: Allow your child to decompress after travel.
- Reflect: Talk about positive moments to prepare for future trips.