

LET'S TRAVEL

A guide for travelling successfully with children
who have Fetal Alcohol Spectrum Disorder (FASD)



About the author

Robyn is the National Helpline Manager for NOFASD Australia, providing support, advice and referral services to parents, carers, service providers and people living with a FASD diagnosis. She is also a community educator and delivers training sessions to teachers, health professionals, parents, carers and justice staff.

Robyn's work on the NOFASD helpline over the past six years is what inspired her to put together simple resources for supporting parents and carers of children with FASD. Holidays are something we all look forward to but for families affected by FASD this means being out of the routine and structure they are accustomed to, which can produce meltdowns. Robyn hopes this compilation of tips and strategies will enable families to look forward to and enjoy holidays and travelling.

Acknowledgement

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INTRODUCTION

Holidays are exciting and most of us look forward to them. But travelling with individuals with FASD, who may be out of their routine and comfort zone, can make holidays a disaster.

What do you do? You want to go on a holiday like everyone else, but you don't want to have a terrible trip with meltdowns, aggression and total opposition the whole time. Because routine and structure are what individuals with FASD usually thrive on, and holiday travel usually disrupts that routine and structure, holidays can create anxiety and lead to meltdowns and other behavioural issues. This will make it an unpleasant time for everyone.



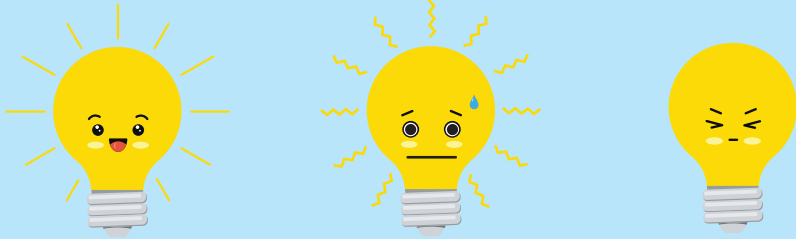
Not all children with FASD struggle when out of their routine, but it is very common. You will often find that as they get older this situation can improve. As a parent or carer, you will also have learnt from past experiences what works and what doesn't when travelling. Start with short trips to see

how your child responds when out of their routine. If they have sensory issues, this can be a big part of the problem. Research has shown that 80% of children diagnosed with FASD have some sensory processing problems.

FASD is a spectrum disorder with the emphasis on 'spectrum', meaning that no two individuals with FASD are the same. This means that there are no right or wrong strategies to put in place for travel: what works for one person with FASD may not work for another. In this book, we will offer some strategies and ideas to try. As a parent/carer, you know your child the best and will know that some strategies will not work as soon as you read about them, so best to avoid those.

You will need to be prepared to change plans at the last minute if you can see that what has been planned is not going to work. This may not always be possible, especially if you have a flight booked. But if you are driving and you can see it is going to be a bad day (you can often know that right from the beginning of the day), put off leaving until the next day.





Remember that living with FASD resembles a lamp with a short circuit. Some days the FASD brain works like a bright shining light bulb. Symptoms are minimal and your child can do common tasks with little or no help. They can remember things they have learned with few, if any, difficulties. But some days the FASD brain seems to have a short in it. Symptoms come and go. Your child seems to exhibit increasingly concerning behaviour. Often, what they have remembered in the morning they won't remember in the afternoon. And then there are days when the FASD brain bulb will not light up at all. Concerning behaviour is constant and your child cannot do tasks that they usually do on their own, nor can they remember things they have done in the past. If the day you are due to travel is a day when there is no light happening at all, it is better to postpone, if possible. You may also need to cut your holiday short if every day starts to become a meltdown zone.

There are a variety of methods of travel and reasons for travel. Your child might be on a train into the city, a camping holiday or school camp, a plane trip, boat trip or fishing trip. They might be travelling with you, with family or on their own.

**AHHHH! TRAVEL? NUMBER ONE
ADVICE/TIP: STAY HOME! HA HA!
JUST JOKING, OF COURSE!**

Our two children have travelled a lot—in planes, by car and caravan and even once on a train. I think I can say we don't have a guaranteed plan that works. We have prepared and pre-warned our kids prior to our trips, and we have also got them out of bed in the middle of the night, without any warning, and headed off. We have had very mixed results in both sets of circumstances, with some fantastic trips without a single hitch, and also some with terrible meltdowns! So, in short, I am not sure I have any guaranteed set of supports, rules or hints that will give any sure-fire results. I guess there are lots of influences that will affect the kids when they are travelling, and they may generate a variety of outcomes for the journey.

Prepare, prepare and prepare! Although we have tried both methods with varying degrees of success, I still feel it is better to be prepared and for the kids to know exactly what to expect rather than surprising them. Although there is a lot of trepidation with travel, my experience says that it can still be a fantastic experience.

So, good luck with your efforts!

Carer of two individuals with FASD

A number of parents and carers have provided tips on what does and does not work, but because FASD is a spectrum disorder, no two individuals with FASD are affected by or react to stimuli in the same ways. For example, one suggestion—screen time—is a must for some children when travelling, but might cause too much stimulation in others; in the latter case, excluding or limiting screen time can be a better option. Another tip from parents and carers is to offer lollies. Some parents have no problem with this, but others feel they absolutely must say ‘No!’ to lollies and sweets, especially if their child reacts to preservatives.

For all their differences, children with FASD often exhibit a similar reaction when they feel overwhelmed—a meltdown, as it is commonly known. Often there can be indications of a meltdown building up and, if picked up in time, these can be neutralised to prevent the meltdown from happening. Signs could be simple behaviours such as your child pulling their hoodie up over their head or rubbing or picking at themselves, or their eyes getting a black, vacant look. Possible interventions include taking them out of the immediate situation, focussing on their breathing and providing noise-cancelling headphones. Many children with FASD mistake hunger for anxiety. Offering your child something to eat can bring their focus to their mouth and the process of chewing, which may avert a meltdown.

Provided at the back of this book is an ABC (Antecedent, Behaviour, Consequence) chart to record behaviours

before, during and after a meltdown; when filled out, the chart can show whether there are any common triggers for meltdowns. The best way to put strategies in place to stop your child becoming overwhelmed is to find a time when they are calm and settled, and design a plan with them.

I have to really be realistic about travelling with my son. Sometimes we travel together and sometimes I cancel, and that always needs to be part of the planning ahead.

I haven't taken him overseas because he struggles to sit still. One day I hope to take him overseas, but I will be taking him to a place that doesn't require too much time in the plane. It's so important to think ahead, and be totally realistic, to prevent meltdowns as much as possible. It also really depends on the child and their needs.

Parent of an individual with FASD



PETS

Separation from pets can be an issue for your child if they are very attached to them. If you are holidaying without your pet, or your child is on a school camp, they can be very worried about their pets, which can add another layer to their anxiety about travelling and being away from home. If you are planning a holiday as a family and are thinking about putting your pet into a pet boarding service, check before you book whether a service is willing to send photos and keep you up to date on your pet. Most will do this, and will even send you video clips of your pet playing and having fun. This will help reduce anxiety for your child and give them the enjoyment of seeing their pet on social media. If a neighbour or friend is looking after your pet, ask them to send regular updates on how your child's furry friend is going and, if they are able, a few videos of your pet. If your child is going to a school camp and you are looking after their pet, give them regular updates and send lots of photos. There is so much security in knowing that you and their pet are fine.



He is very attached to our dog, who doesn't come with us. It's important that I keep in contact with the person who is looking after our dog to get updates on him, so I can let my son know he's going okay.

Parent of an individual with FASD



FLYING

Travelling with a person with a disability requires careful planning, persuasive skills and, occasionally, assertiveness. When you fly, know your needs and be prepared to describe them calmly and with confidence to airline and airport personnel. A good practice is to be informed, firm and polite, but this can be very difficult when you are trying to regulate your child at the same time. (The use of lanyards, which are particularly useful in such situations, will be discussed later in this book.)

NOFASD has designed some parent/carer behaviour cards which can be ordered from the NOFASD website:

<https://www.nofasd.org.au/parents-carers-and-families/resources/#advice-cards>



These cards are the size of a business card and are a very discreet way of communicating that your child has a disability to those very helpful people who say to you, 'You need to give your child a slap on the backside' or 'You need to do a parenting course.' They need to know that they are not witnessing bad behaviour, but that your child has a brain injury, and you are doing your best to handle the situation.

(Of course, these cards are not just useful when flying and can be used for all forms of travel, including a trip to the supermarket.)

Understand that you do have rights when travelling, and airlines and airports are bound by legislation to provide services for people with disabilities. In all your communications, even when the service being provided is good, ask for and write down the names of those you are dealing with. This lets the service provider know that they are accountable for their actions.

When your children are young they will be travelling with you, but as they become adolescents, they may need to travel on their own for various reasons.

This can be very daunting for them, and much preparation is needed.

Since our daughter flies back to the community she is from to visit her family, we have taught and often rehearsed with her that if she doesn't know what to do or where to go, she should ask someone in a uniform. This happened on one occasion: she was lost, and so she walked up to the first person she saw in a uniform and told him she didn't know where to go. The person happened to be a pilot, who very kindly walked with her to the gate that she had to leave from.

She is very nervous, and so from the time she gets to the airport until the time she has to turn her phone off in the plane she is on the phone to me. This includes when she is going to the toilet. She won't turn the phone off at all, which gives her the security she needs. It works well, as at one time, the name of the airport she was flying to was not on the screen. So she took a photo of the flights on the screen and sent it to me. Instead of the name of the town, they had put Sunshine Coast up. She would not have been able to work that out herself.

I have often written my phone number on her arm with texta in case she loses her phone, which has happened many times.

Foster carer of an individual with FASD





WHEN PLANNING A TRIP BY AIR, CONSIDER THE FOLLOWING:

- To avoid overtiredness, try to organise travel times to best suit sleep patterns. The excitement of the journey, and reduced sleep, are bound to increase the likelihood of meltdowns, etc.
- Always try to be early and allow yourself more time than is necessary. The less stress you put yourself under, the calmer you can stay, and that, in turn, will reduce stress on your children.
- Hidden Disability lanyards are a discreet way of letting people know that a person has a disability: <https://hiddendisabilitiesstore.com/>. Airline staff are aware of these and will often provide help to those wearing them without having to be asked. Some teenagers may not think it is 'cool' for them to wear these, but they might be okay with you wearing them or just taking the card off the lanyard and putting it in their pocket.

- Let the airline know you have a child (or children) with FASD. You are not obliged to provide the airline with advance notice of your intent to travel or the nature of the disability, but if you do, it will give the airline more time to prepare and ensure any requests are met.

I have spent HOURS in the past preparing travel schedules with detailed information. It was very important for him to go over and over these before we left home, but he didn't want anyone to see them when we were out.

By the way, these helped me immensely when we were out because I would be so focused on trying to keep him regulated that I couldn't remember our schedule.

Parent of an individual with FASD

- Ensure that you create realistic expectations for the child and they are as well informed about what is going to happen as possible. This may reduce any anxiety they may be suffering from.
- Sit near the aircraft toilet, unless this is too distracting on a long trip.
- Your child will have a preference for sitting on the aisle or in the window seat, so pre-book seats to avoid disappointments on embarkation.
- If your child has sensory issues, arrange to board the plane last so that everyone is settled when you get on. Also, ask whether you can be either the first or the last passengers to disembark.
- If possible, avoid seating your child next to a stranger, which can be upsetting. One carer described their teenager's discomfort when seated next to a breastfeeding mother.
- Have noise-cancelling headphones to limit stimuli.
- Make sure you have appropriate food choices including those suited to special dietary requirements. Hunger, boredom and disappointment are sure-fire ways to bring on a meltdown.
- Many children have a problem with preservatives or allergies to certain foods. Notify the airline of your requirements ahead of time or arrange to bring your own food if they are unable to provide what your child needs.
- Bring something to suck or chew on for take-off and landings.
- Always have lots of entertainment options to pass the time and use as a distraction. Don't rely on in-flight entertainment as an option, as it often works poorly and can be frustrating for your child. Ensure all your devices are fully charged.
- Your child may not take in the pre-flight safety demonstration, either presented by the flight attendants or on the video. Show them the flight safety card and go through the safety procedures with them.
- Check the airline or airport's Disability Access Facilitation Plan (DAFP).



Our son regularly has behavioural issues from colours and preservatives, but we can manage this at home by ensuring he does not have food with known triggers. If we happen to have lunch out somewhere, we make the best choice possible for him. However, on a plane flight it is a completely different story as there are always free snacks or food to purchase that are not good choices. In a confined space, with everyone else being given or ordering these items, our son becomes annoyed. The level of his reaction depends upon the number of times he is asked by flight attendants if he's sure he doesn't want any of their free goodies, and upon how over-stimulated and dysregulated he is by noises, etc. On a recent flight, there occurred all of the triggers just mentioned and our son was REALLY annoyed, which then turned into agitation that was taken out on me. Normal strategies such as playing Uno, reading stories or watching the clouds just weren't having any impact and, after about 30 minutes, it was obvious that drastic distraction was needed to defuse this situation. So I did what any parent trying to preserve their patient-looking exterior would do. I turned to my son and said, 'Meow'. There was a momentary look of shock, but then he returned to his agitated behaviours. I then turned and said, 'Woof'. Once again there was a look of shock, and this time he took a bit longer to return to his previous behaviours. I followed this up with a 'Neigh'. He now looked horrified and told me I was embarrassing myself, to which I replied that it didn't bother me. I received a lecture about what people would be thinking of me and that he was going to tell on me. I responded with a very loud, 'Mooooo'. He then asked me if I would like a game of Uno.

We were in a confined space with lots of triggers for our son, and even though we had planned carefully, the situation was still too overwhelming for him to control. Using the animal noise diversion to defuse a situation that quite possibly may have become uncontrollable was worth a tiny bit of embarrassment for myself since it led to a good outcome.

Parent of an individual with FASD

THE HIDDEN DISABILITIES PROGRAM CONSISTS OF:

- **a lanyard** to wear through the airport from check-in to departure to allow airport staff to recognise that you may require additional assistance throughout the journey
- **sensory map** that identifies high and low sensory areas to help you navigate the terminal; this can help you prepare for additional noise and crowded areas and identify quieter areas where you can stop if required
- **social stories** that illustrate international departure and arrival processes in an easy to understand and pictorial format
- **staff training** in the Hidden Disability Program, which all airport staff undergo to ensure that additional care and consideration are provided during your time in the airport and that staff are able to assist you in your journey. This assistance may take the form of guiding you through each step, providing information or slowing down a process for you along the way.

For more information on each Australian airport please check the links below:

Melbourne airport

<https://www.melbourneairport.com.au/Passengers/Passenger-information/Hidden-Disability-Program>

Sydney airport

<https://www.sydneyairport.com.au/airport-guide/departing/international/maps>

Adelaide airport

<https://www.adelaideairport.com.au/travellers-guide/special-assistance/>

Brisbane airport

<https://www.bne.com.au/passenger/passenger-information/special-assistance>

Gold Coast airport

<https://www.goldcoastairport.com.au/at-the-airport/hidden-disabilities>

Hobart airport

<https://hobartairport.com.au/travellers/airport-guide/accessibility/>

Perth airport

<https://www.perthairport.com.au/at-the-airport/accessibility-at-perth-airport>



Darwin airport began implementing Hidden Disability Programs (similar to those in the airports listed above) but was delayed due to COVID19. If you plan to travel through Darwin airport, check their website before you leave to see whether the program has been implemented yet.



SECURITY SCREENING

All airports require security screening. This can be upsetting for individuals who have FASD. Sensory issues can occur if the alarm is triggered when they go through security or when staff approach to conduct a search. Prepare your child by letting them know everything is fine and providing any other information that will help them at this time. Wearing a Hidden Disability lanyard is particularly helpful when going through security as staff will recognise that your child has a disability.

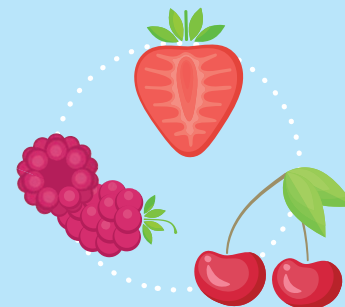
Let your child know that there might be sniffer dogs as well, working to protect Australian states from fruit fly and other pests. If they love dogs, explain to them that these are working dogs and should not be patted. Again, if your child is clearly wearing a lanyard and does pat a sniffer dog, staff are typically very understanding.



TRAVEL BY CAR

TIPS FOR CAR TRAVEL:

- Start preparing your child for the trip at least a week beforehand. Remind them where they are going and what you will be doing.
- Be prepared to postpone leaving until the following day if you can see it is not going to work.
- Plan with your child what games they will play, choose music for the journey and decide what limitations to place on screen time.
- Not everyone in the car may share the same taste in music. Headphones might be the solution. Be aware that sustained loud music in your child's ears can cause damage. You may need to decide on time limits for the headphones and perhaps be in control of the volume levels.
- Choose your departure time to fit in with your child's sleep patterns.
- Make sure you have plenty of stops on the way. Try to plan for when and where you will stop as you will constantly be asked, 'When are we going to stop?'
- If your child has sensory issues, give them noise-cancelling headphones and put a screen over the window—the darker the better (this is very effective in reducing extra stimulation).
- Have plenty of appropriate snacks available.
- Where your child sits is important. If they are in the back, they may want to sit in the middle to look out of the front window.

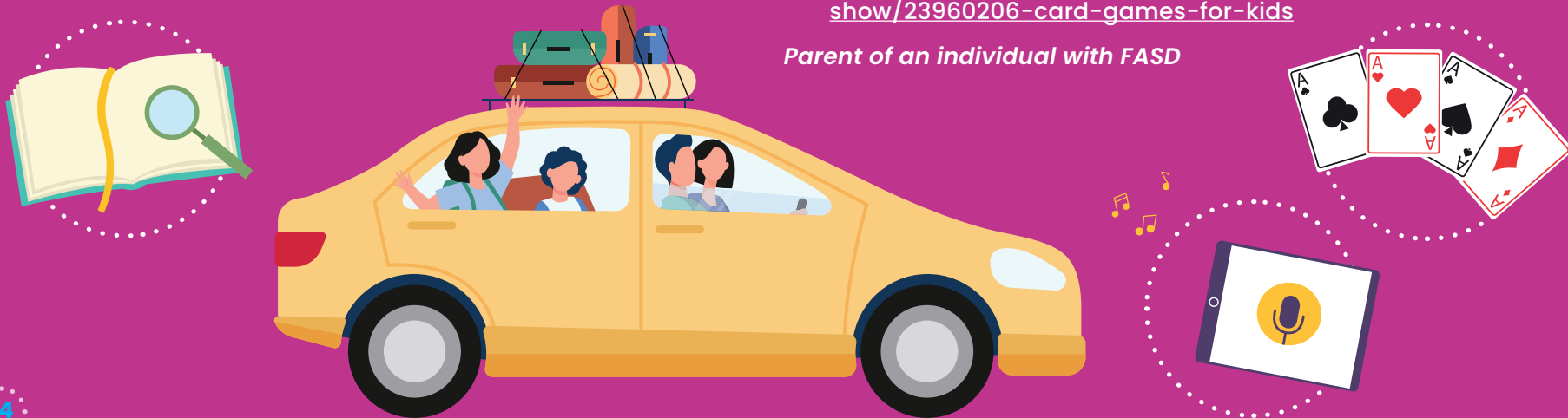


Car travel has many challenges, but over the years we have developed techniques to make the time go quickly and learn lots of things at the same time.

- A simple version of 'I spy' called 'I see'. Each person in the car takes a turn to say, 'I see...!', then the next person says 'I see...!', but it can't be the same as anything that has already been said.
- Another time-killing car game we play is to choose a letter and take turns to say something that begins with that letter. The trick is to not say anything that has already been said. Your mind will be racing to think of things, and you may just surprise yourself with what words you recall.
- I remember a trip of about three hours, with our son identifying every car along the way from quite a distance. He was even able to identify them in the dark by the shape of their headlights.

- The alphabet game really gets you looking everywhere on your travels.
- Find each letter from A to Z on any sort of signage.
- As our son became older, our travels became a tour of identification—of birds, trees, animals and landforms. This prompted us to buy resource books on these subjects so that what we didn't know, we could learn.
- Sometimes, though, you just need a break from all the brain-straining games. Audio stories that will entertain the entire family (including the driver) are a must.
- Staying in a motel room can be very confining, so I bring some small items that we can play with. A hacky sack is great to toss around because it is lightweight and there's less chance of anything being broken. A pack of playing cards is also a priceless item to have. There are lots of games that can be played using the one set of cards. <https://www.goodreads.com/book/show/23960206-card-games-for-kids>

Parent of an individual with FASD



TRAVEL BY CARAVAN

As always, and as with any form of holiday, preparation is extremely important.

If your child is able to make decisions, involve them in the planning of the trip and activities. If this is your first caravanning holiday, consider only go to one location. When they're out of their daily routine, children with FASD often experience a huge amount of anxiety, which is why the planning and preparation is so important. They will want to know for weeks in advance what to expect. This is why, for a first trip, it is better to go to only one location so that there is only one change of environment. For getting there, use the tips for car travel listed in the previous section.

In the preparation phase, research what there is to do nearby and choose where you want to go. Make this your blueprint. Then, by using the light bulb analogy, try to plan each day according to your child's mood on that day.

Make sure you have scheduled plenty of rest times, which could include playing games, reading, drawing or watching a movie. If it is going to be a bad day, don't expect too much. Talk to your child about choices. If you had planned to go to a scenic attraction that day, give them the choice of doing that or something they enjoy doing at home. To minimise overstimulation, they might prefer to read a story, paint, watch a movie, etc. If your child is very active, they may prefer to go for a bike ride or a swim. Other choices might be to fish, go for a walk, read comic books or watch TV.

Although you are on holidays, it is very important to keep some routine, especially around bed and sleep times. If your child gets overwhelmed easily, try to plan for a rest early in the afternoon to reduce the risk of their being overwhelmed. Plan for at least one success a day. Make sure your child gets to do at least one thing they're really good at every day. It could be creating something out of Play-Doh or playing an instrument, for example.

Supervision is always required to keep your child safe, whether from a neighbour's BBQ, a nearby river or the ocean, busy roads or toilet blocks. Depending on how long you stay, you may be able to inform neighbours of your child's disability or, if your child has a meltdown, subtly let them know what is happening through the behaviour cards. Often there will be a high turnover of guests, with visitors moving onto the next destination of their holiday. This means constant changes for your child.

Every caravan park has different rules, such as the age you're allowed into amenities on your own or if you're allowed to ride a bike. This caused continual problems, so we made up our own rules that were for our family. These were to be the same for us at every caravan park we stayed at.

Parent of an individual with FASD



TRAVEL BY TRAIN

Train travel might be a short trip lasting ten minutes, a longer trip of half an hour or an extended trip to travel interstate. Depending on your child, this could create a lot of overstimulation, especially if they are not used to train travel. You may, for example, live in a country town that does not have a rail system. One foster parent described the first time they took their daughter on a suburban train. She took her shoes off and used the suspended hand rails as monkey bars to swing from one end of the train carriage to the other, squealing with delight the whole time. As a parent or carer of a child with FASD, this kind of behaviour can be especially upsetting if you are not prepared for the reaction of other travellers on the train. This is the perfect time to use the parent advice cards.

If your child has sensory issues, the noise and movement of the train can be very overstimulating. Noise-cancelling headphones will reduce stimuli, and distractions, such as playing a game of cards, can be very helpful. Another useful item is the body sock. Although some children with FASD find it claustrophobic and can't stand it, others find it really comforting and feel secure when wearing it. However, as your child gets older, they are not going to want to be seen in public wearing a body sock since they do not want to stand out: all they want is to fit in and be like everyone else. A good substitute is a hoodie, which helps them blend in while still making them feel secure when the hood is over their head and tightly fastened.



Many of the tips that apply to flying also apply to longer train trips:

- Inform staff that your child has a disability and may run off or get lost.
 - Give them your phone or cabin number in case this happens.
 - Create real expectations for your child and inform them about what is going to happen on the train trip.
 - Let your child know where and when the train will be stopping and have a timetable and/or a map in your cabin showing the stops. If you have planned excursions after you arrive, tell your child where you will be going and what the departure and return times will be.
- Bring your child's favourite card and other games. If you see them getting overwhelmed and overstimulated, have a day in the cabin playing games. If your child needs exercise to regulate, take a flexible exercise band. These bands fold up easily to carry in a bag and can be used for such fun games as frog jumping in the corridors, burpees and push-ups.
 - Use noise-cancelling headphones to limit stimuli.
 - Many children have a problem with preservatives or food allergies. Contact the rail service ahead of time or arrange to take your own food if they are unable to provide what your child needs. Ensure you have appropriate food choices available and pay attention to any special dietary requirements.



TRAVEL BY SHIP

Whether you will be in a small boat or on a cruise ship, individuals with FASD need constant supervision. If you are on a cruise ship, many of the same suggestions as for interstate travel by train apply.

I would not recommend a cruise or overseas travel for your first holiday. Unlike caravanning and camping, where you can pack up and go home if needed, that is not an option on a cruise ship or overseas holiday. The trip could be very distressing and costly.

If you have booked a boat cruise, it's important that you go on a ferry or some form of water transport beforehand to make sure your child doesn't get motion sickness.

I get very seasick, but he loves it on a boat and walks around looking at everything and needs to be watched every minute. I have always had to have someone travel with me to follow him around and be with him when we are back on land until I get my land legs back—lol. In a small boat fishing, for example, he is fine.

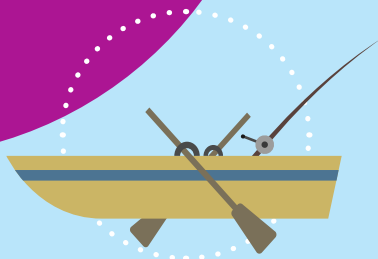
Parent of an individual with FASD

I will try to remember what happened with the boat incident.

This happened in the year 2011. I was enjoying the scenery at Karumba and I reached around and grabbed hold of the exhaust pipe. BAD IDEA! At first it felt cold and then suddenly it felt like my hand was on FIRE!!!!!! I then had to hold Dad's can of beer because it was the only cold thing we had!!!!

That's all I can remember.

An individual with FASD



TIPS FOR CRUISE SHIPS:

- Ensure that all cabin staff know your child has a disability.
- Design a lanyard for your child that contains your name and cabin number, in case they get lost.
- Your child might want to go to the activity programs provided on ships.
- Make sure all the activity staff understand that your child has FASD and give them some advice about what to do in case your child gets upset.
- As always, good poolside supervision around pools and all deck areas is necessary.
- Let your child know at which ports you will be stopping and have a timetable and/or a map in your cabin showing the stops. If you have planned excursions after you arrive, tell your child where you will be going, what you will be doing and what the departure and return times will be. Having a pre-printed planner, which can just be filled in as needed, is very helpful.
- Generally, most children eat at the buffet since there is so much variety. Seeing all the wonderful food, and all the other children eating it, can be a problem if your child has food allergies or reactions to preservatives. Prepare them about what they can and cannot have. If this becomes too much for them, and meals result in constant meltdowns, arrange to have meals in your cabin. If you think dining at the buffet will be an issue,

it may be best to choose this approach from the outset so that your child is unaware of the buffet options.

- Maintain as many routines as possible, for example, bedtime, breakfast, lunch, dinner and getting-up times.
- Let your child know the day before what will be happening the next day.
- Bring card and other favourite games. If you see your child getting overwhelmed and overstimulated, have a day in the cabin playing games.
- If your child needs exercise to regulate, there are gyms and walking/running decks that they can use.



SCHOOL CAMPS

Depending on your child and their anxiety levels, school camps are usually something they like to take part in—but with much trepidation. They can be with their friends and there are new places to go and new things to learn. And all children with FASD just want to fit in and be the same as their peers. So, your child wants to be involved, but that can also create anxiety as they are fearful of losing their routine and not knowing what to expect. Strategies for dealing with these anxieties offered earlier in this book apply to school camps; good preparation, for example, and consistent reminders of where they are going and what they will be doing are helpful.



Camping he loves,
but when he was younger he
needed so much supervision,
especially around fires. Now that he is
older, watching movies and his iPad
seems enough. But he still gets very
restless (overstimulated) and I still
need to be prepared for that.
(You always need a back-up plan.)

*Parent of an individual
with FASD*

TIPS FOR CAMPS:

- Start preparing your child at least two weeks before they go.
- Go through the itinerary that is planned for the camp.
- Provide your child with a book that contains the itinerary, but make sure they know that this can change and that the camp leader will let them know of any changes.
- Make sure that the people taking care of your child totally understand their needs and the issues associated with FASD.
- Write everything down for the staff, for example, how to get your child's attention, their sensory issues and what to do if they get overwhelmed.
- Take photos of the clothes you pack for your child to help them remember what they have and what they should come home with. Give these photos to the camp leaders as well.
- Make sure the staff know of any food allergies.
- Give the staff your contact details.
- Let your child know it is okay to contact you at any time.
- Send plenty of updates from home, especially on your pets, if you have them.
- If your child is travelling a significant distance, pack some appropriate snacks for them.

Below is a sample of printed and laminated paper cards, hole punched at the top and hooked through a key ring. Your child can carry these 'reminder' cards with them and, together with regular contact from you, they can help your child to feel secure.





VIRTUAL HOLIDAY AT HOME

For some individuals, it may just be too hard for them to travel, due to their anxiety and/or sensory issues.

The Travel for all Guide Accessibility and Inclusion Blog has some ideas for a virtual holiday for your child.

Dr Caroline Wilson-Barnao, from the University of Queensland, has written a blog on virtual zoos, museums and galleries, with 14 sites offering free art and entertainment.

An article republished from The Conversation on virtual reality technology gives new meaning to holidaying at home.



The site addresses are:

ART, ZOOS AND ENTERTAINMENT

<https://travelforall.guide/virtual-zoos-museums-and-galleries-14-sites-with-great-free-art-and-entertainment/>

NATURAL HISTORY

<https://naturalhistory.si.edu/visit/virtual-tour>

EXPLORE HISTORY IN 3D

https://www.cyark.org/?gclid=Cj0KCQjwvb75BRD1ARIsAP6Lcqt5IClw3x6IkJheTHuuotXxoSLaYQgGF_24IVfuD3fLUX-Cmoopw8aAmoTEALw_wcB

EXPLORE COUNTRIES AROUND THE WORLD

<https://www.laptopmag.com/features/best-virtual-tours-you-can-take-online-now-enjoy-a-free-digital-vacation>

10 BEST VIRTUAL TOURS OF THE WORLD'S NATURAL WONDERS

<https://www.theguardian.com/travel/2020/apr/06/10-best-virtual-tours-of-worlds-natural-wonders-everest-patagonia-grand-canyon-yosemite>

COVID-19

COVID-19 has brought many changes for all of us and has especially affected children with FASD, for whom any change in routine is hard. For some, the main concerns are the stress of COVID and the worry that either they will catch it or you might. Unfortunately, most individuals living with FASD have very low immunity and need to be very careful that they are not exposed to the virus.

Precautions such as face masks, gloves and regular hand-washing are necessary. The latter is often hard to do, as your child may have issues with soaps, may not want to use public taps (in which case, you can use sanitiser) or may forget to wash.

A great way to show the importance of using soap is to show them the soap and pepper experiment. Just Google it or use this link:

<https://www.youtube.com/watch?v=TXZld70YZJ8>

When preparing for your trip, make sure you bring:

- cloth face masks
- alcohol-based hand sanitiser (at least 60% alcohol)
- disinfectant wipes (at least 70% alcohol) for surfaces
- a thermometer.



If you're travelling by plane, you may need transportation once you arrive at your destination. You can investigate car rental options and their disinfection policies on the internet. If you plan to stay at a hotel, check shuttle service availability.

If you plan to use a taxi, if possible, don't sit in the front passenger seat.

Consider handling your own bags during pickup and drop-off. Avoid coming into contact with frequently-touched surfaces before cleaning them.

If you'll be using public transportation, maintain social distancing, wear a mask and use hand sanitiser or wash your hands after reaching your destination.

Once you arrive at your room or rental, disinfect high-touch surfaces such as doorknobs, light switches, countertops, tables, desks, phones, remote controls and faucets. Wash all plates, glasses, cups and silverware (other than pre-wrapped plastic items) before you use them.



_____ 's ABC Chart

Date	Initials	Time (behaviour started)	Antecedent (list what happened immediately preceding the behaviour)	Behaviour (list everything that the child is saying/doing)	Consequence (list the procedure that was performed and anything that you said/did in addition to the procedure)	Duration (length of behaviour)	Post-consequence (what you did directly following the consequence)



We hope the advice and strategies provided in this book will assist you and your family when travelling.

LET'S TRAVEL

A guide for travelling successfully with children who have Fetal Alcohol Spectrum Disorder (FASD)



Holidays are exciting and most of us look forward to them. But travelling with individuals with FASD, who may be out of their routine and comfort zone, can make holidays a disaster. What do you do? You want to go on a holiday like everyone else. This book provides information and strategies to assist you in making your next holiday a success.

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National
Organisation
for Fetal Alcohol
Spectrum Disorders