

# Summer

## *Holiday*

# Checklist

When embarking on holidays with Autistic children or teens it is always helpful to think proactively about strategies you can utilise to support them during this period of change. Below you will find a checklist of must-have items to consider bringing with you/preparing for the holiday,

You may not need to bring every item in this checklist, the list is non-exhaustive and serves to provide inspiration as to items you may consider necessary to bring with you to support an Autistic child or teen.

## Communication

- AslAm Autism ID Card
- Important Flyer Lanyard
- Social Stories
- Visual Schedule Book
- First & Then
- Choice Board
- Picture Symbols
- Communication Core Board(s)
- Communication Lanyard
- Communication Cards
- Other relevant Visual Supports
- Using a Holiday countdown calendar (before the holiday)
- Ipad/Tablet
- Timetable of events planned for holiday
- Visual Guide of holiday activities/locations

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## Sensory

- Comfort Items
- Fidgets
- Ear Defenders/ Noise Cancelling Headphones
- Slim/Putty
- Scented Sensory Items
- Chewies
- Ipad/Tablet
- Therapy Ball & Pump
- Portable fan (hand held or small plug-in)
- Preferred food items
- Preferred drink items
- Preferred snacks
- Cooler bag
- Preferred cutlery / bowl/plate
- Preferred Sun lotion and applicator (brush/sponge/ball roller)
- Large rimmed sun hat
- Sun Glasses
- Preferred Swim wear
- Preferred holiday clothing (practiced wearing before holiday)
- Preferred holiday shoes/runners/sandals (practiced wearing before holiday)
- Preferred hygiene products (toothbrush/toothpaste etc)
- Airplane lollypops/sucking sweets



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## Additional Items

- Chargers for tech
- Wall-plug adapters
- Extension leads
- Over the counter medications
- Medicines/Medications
- Medical Records (if relevant)



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