

## Enjoy yourself!

- Shared experiences can have a positive impact on a child's development, and family outings provide plenty of fun!
- Often, families may be hesitant to participate in community events if they're worried about behavioral challenges, discomfort or judgment from others, or unexpected surprises.
- Surprises may happen, but having a plan beforehand and remembering to go with the flow while out and about can help create a positive experience!



## Looking for more resources? Check out these sites below!

- <https://www.projectsensory.com/sensory-fix-toolkit/>
- <https://childmind.org/article/tips-for-going-places-with-sensory-challenged-kids/>
- <http://autism.lifetips.com//cat/66423/challenging-behaviors-and-autism/index.html>
- [http://www.autismspeaks.org/sites/default/files/challenging\\_behaviors\\_toolkit.pdf](http://www.autismspeaks.org/sites/default/files/challenging_behaviors_toolkit.pdf)
- <https://www.childrens-specialized.org/for-patients-and-families/autism-awareness-hub>



# DESTINATION DOMINATION

Tips for Conquering  
Any Outing

# BEFORE YOU GO:

## Know available accommodations ahead of time

- Programs or venues may have accommodations available upon request: The Nasher Sculpture Center will provide a sensory haven during the Sculpture Rocks event.
- Sensory inclusive kits are available free of charge from the Nasher front desk. These include headphones, a fidget device, and more.

## Pack for success

- Sensory inclusive kits will be available to borrow *free* at Sculpture Rocks!
- For other outings, a sensory backpack is a good idea to have on hand for other outings. It can contain objects that are calming or provide needed stimulation.
- You can customize your bag to fit your child's specific needs. Some common items include:
  - Earplugs or noise-reducing earmuffs
  - Sunglasses
  - Fidgets, play dough, stress balls
  - Gum, mints, or other snacks
  - Lap pads or weighted vests

## Plan together!

- Social stories and schedules can provide your child with a plan for the outing. *Social stories are provided today as part of Sculpture Rocks.*
- Share the load - When planning for events, collaborate to visit specific points of interest (for example, our fun craft area!). Letting your child provide input on the schedule will help him or her remember the order of the day and reduce unexpected surprises.

# OUT AND ABOUT:

## Communication is key

- Feel free to make staff aware of your needs. Staff who understand you and your child's needs are better equipped to help you create a positive experience!
- You know your child best: keep an eye out for signs of discomfort or stress. Movements, gestures, and eye gazes often signal messages that may be otherwise overlooked.

## Break time!

- Timers are helpful to give the child a sense of how long he or she will be doing something. Scheduled breaks can help break up the day and facilitate the transition from one activity to the next.
- Designate a safe space for breaks, such as the sensory haven provided at Sculpture Rocks. Walking outside or sitting in the car with the AC on can also be an effective break.

## Have an exit strategy

- New experiences and environments can be overwhelming. At first, it may be helpful to go for shorter trips or have a planned code word for when it's time to go.
- Knowing when it's time to go can reduce anxiety and create positive experiences your child may want to engage in again in the future.

And, last but  
not least...

