

# I CAN FLY

— toolkit tips —



1

## I CAN FLY 'a step-by-step storybook'

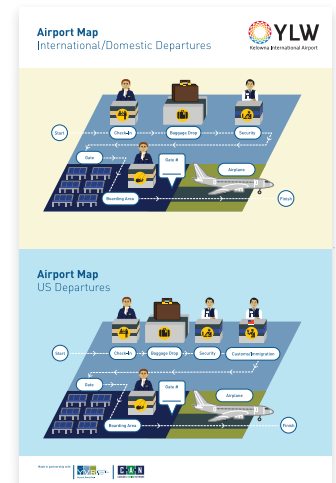
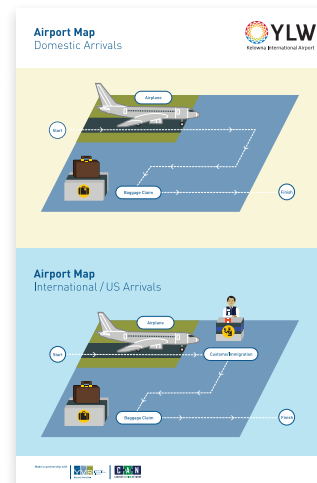
- This storybook was created to teach the airport routine to first time travellers living with autism.
- It outlines each of the steps of the pre-flight, in-flight and post-flight routines.
- Read this storybook with your child before travelling to prepare them in advance for what to expect.
- You might also choose to read the storybook as you move throughout the airport, 'front loading' your child with what to expect before you engage in each step of the travel routine.

# I CAN FLY

— toolkit tips —



Kelowna International Airport



2

## I CAN FLY 'a step-by-step checklist'

- This is an interactive tool; parents and/or individuals with autism can check off each key step of the airport routine as it is completed while they move throughout the airport.
- Parents may choose to motivate their child by offering a special reward at the end of the checklist if all items are completed successfully (e.g., special snack or activity).

3

## Airport Map

- This resource provides a road map that families or individuals can follow on their journey throughout the various steps of the travel routine. It may be used in conjunction with the step-by-step checklist.
- The map includes key symbols showing the various steps that need to be completed before flying and after the airplane lands.
- The map provides another tool for reducing anxiety by increasing predictability and creating a fun scavenger hunt-like activity to complete while moving through the airport.

Made in partnership with



# I CAN FLY

— tips for parents before flying —



Kelowna International Airport

## Prepare for the trip in advance.

- 1 Provide the individual with autism lots of information about what to expect while travelling. View the I CAN FLY video resource and read the step-by-step storybook several times before leaving for your trip.
- 2 Use a calendar to count down the days left until your trip so that your child is not surprised when you start to pack your luggage.
- 3 Try a 'practice' trip, such as one night away from home with friends or family.
- 4 Spend time with your child looking at photos and videos of your destination before your trip, as well as the modes of transportation you will use to get there. Talk about the fun activities that you will do on the trip.
- 5 Call the airline and let them know that your child has autism. Some airlines may have special support services or recommend specific seating on the flight.
- 6 Call the hotel and let them know that your child has autism. Request a quiet room.
- 7 Make sure to familiarize yourself with what you can and can't bring through security:  
<http://www.catsa.gc.ca/breezethrough>

# I CAN FLY

— tips for parents before flying —



## En Route

1

Use the I CAN FLY toolkit as you move throughout the travel routine to increase predictability and reduce anxiety.



2

Have activities ready that can engage your child during waiting times (e.g., in line-ups, at the gate).



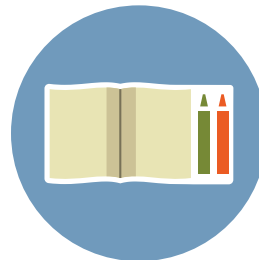
3

Pack noise cancelling headphones, hard candy/gum, and familiar items to help your child feel comfortable.



4

Bring LOTS of activities for the flight including some new/novel materials (e.g., colouring books, magazines, movies) and consider introducing them slowly throughout the flight.



Made in partnership with

