



Travel Advice for parents/ carers of children with autism.



1. You're Airport Experience

We understand that for many people with autism, and their families the airport can be a very stressful times. With that in mind we have signed up to the Autism Alliance UK charter which is our commitment to make Newcastle Airport as Autism friendly as possible. Many of our staff have attended autism awareness training and we are keen to continuing rolling this out across departments.

This guide explains how the airport can support you to make your experience as positive as possible. If you have any additional queries please do not hesitate to contact us on:
prm@newcastleinternational.co.uk / 08718821121



2. Our online resources

To make your journey as positive as possible we have put together some online resources.

☀ Story book: We know that many children with autism can find new experiences and unpredictability difficult, so with this in mind we have created a story book which outlines what will happen from when you arrive at Newcastle airport to leaving your destination airport.

☀ Autism Passport: Our Autism passport will allow airport staff to find out a bit more about your child and how best we can support you. By showing this you will also get access to fast track security and the opportunity to board the plane first or last. Passports can be downloaded and printed off or a copy collected and filled in at our passenger assistance desk. On arrival at the airport this must be shown to and verified by a member of staff at the assistance desk.

☀ Activity Booklet: We have put this together for you to use with your child as a distraction tool while travelling through the airport, it also highlights some of the things this may experience on the journey.

3. At the airport we can offer:

- ☀ Quieter zones, some of our lounges can be much quieter, ask a member of staff to assist you in locating these.
- ☀ Security Fast Track
- ☀ Priority Boarding
- ☀ A map of the airport to help you to navigate your way around.



4. Tips for travellers (before)

We asked some of our other travellers to give us some helpful hints and tips about travelling with a child with autism before your journey:

- ☀ Do a pre visit to the airport so that your child is familiar with the environment
- ☀ Print off and complete the autism passport
- ☀ Ring ahead and tell the airline of your child's specific needs
- ☀ Prepare a visual planner with a countdown to the holiday
- ☀ Print out the visual story and show your child before & throughout the journey
- ☀ Download any games they might like on to a tablet
- ☀ Watch you tube videos of planes landing and taking off
- ☀ Read a book about going on a plane journey
- ☀ Use role play to act out going to an airport and what might happen
- ☀ Use a worry box/worry monster to talk about your child's specific holiday worries
- ☀ Take photos of your child at the airport & refer to them next time you travel
- ☀ Think about ways you can get through security quicker e.g not wearing a belt etc
- ☀ Pack snacks that your child will enjoy
- ☀ Take gum/sweets for your child to chew on, this can have a calming effect
- ☀ Print off a list of visual rules for your child

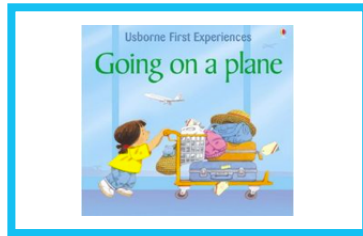
5. Tips for travellers (during)

We asked some of our other travellers to give us some helpful hints and tips about travelling with a child with autism during your journey:

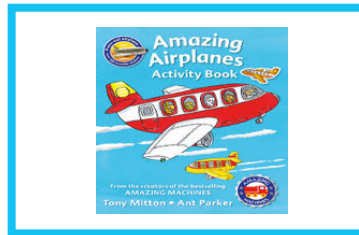
- ☀️ Laminate a picture of a plane and cut it into pieces, stick vercro on the back of the pieces. Give your child a piece to stick on to piece of laminate every so often. Make it so that when you land they get the last piece and they have completed the picture. This will give them something to do on the plane and help with knowing how long they have left on the flight.
- ☀️ Choose a seat at the front of the plane so you can enter and exit quicker
- ☀️ Give your child their favourite pillow/blanket
- ☀️ Small parcels, wrapped many times can act as a distractor on the plane
- ☀️ Use ear defenders/ear plugs to dim down the noise on the plane
- ☀️ Take fidget toys to give your child something to do
- ☀️ Build into the routine specific breaks where your child can get up and walk up and down the plane
- ☀️ Refer to your visual rules before and during the flight

6. Resources you can buy that might help

Story Books:



Activity Books:



Toys and games:

