Car Journeys-
Information for young people, parents and carers.

Plan and prepare

- Try and keep the preparation for the journey as calm as possible. Consider what's just happened before - getting dressed/tooth brushing/ hair brushing etc activities your child or young person may have found very disregulating. Does your child know where you are going? Has this been explained?

- Plan your route for movement breaks, toilet stops, and snack stops.

- Prepare a bag of toys, snacks, and any fidget tools your child or young person uses.

- Use the calming and regulating activities before you set off to help your child or young person feel calm and alert.

During the journey

- If your child is sensitive to light, can they use a hat, sunglasses or a window visor to reduce the sensory input.

- If noise is an area of difficulty can your child use their own headphones with music or ear defenders/plugs.

- If age appropriate can your child sit in the front of the car to minimise any travel sickness.

- Think about the feel of the seatbelt, is it against their skin or pressing into seams on clothing? Use a neoprene or material seat belt cover to help and consider soft comfortable clothing for the journey.

- Provide easy to reach snacks, drinks and toys, including any fidget tools your child or young person uses.

- Chewing can help with providing proprioception which is calming, chew tools, chewy or crunchy snacks may be helpful, being aware of any choking hazards.

- Think about any strong smells in the car from perfumes or air fresheners. Open windows for fresh air.

- Allow your child to remove their shoes and socks if needed.

- Have a cushion or beach ball to wobble and bang feet on in the foot well.

- If safety in the car is an area of difficulty consult a specialist car seat or seat belt expert for advice.

Scan the QR code to watch our video support for children and young people with sensory processing differences

Information provided by Children's Therapy Services
from

NHS
York and Scarborough
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Humber and North Yorkshire
Health and Care Partnership