

Traveling with Children – Oh Boy!



By: Jeanne George

Traveling with your children to see relatives and friends during the holidays is so much fun and calming, right? We all desire to feel more relaxed and take in the beauty of being with our loved ones. And, if we are relaxed and having fun, then joy and learning CAN take place. Here are a few tips that can help ease the chaos of this busy travel time, help pass the time during the inevitable travel delays, and also build language skills along the way!

1) Write a “Social Story”

Use visual pictures to prepare your child for your family’s holiday adventures. Use simple sentences (i.e. “First, we will pack clothes”). Include fun activities that your child will be excited about. End your story with a “coming home” statement (i.e. “Then we will come home and sleep in our own beds!”). Use real photos or even images from the web. Below are a few that might get you started.

2) Play “The Alphabet Game”

Start with the letter “A” first and find the letter on a sign, vehicle, or a nearby building. Even young children who are not reading yet can participate in this game if they recognize letters. Continue until you get all the way through the alphabet.

3) Create a “Silly Story”

Begin with a holiday prompt such as, “On our way to Grandma’s house.....”. Then have everyone take turns adding the next part of the story. This can pass the time and build speech-language skills too. Your kids will love adding silly parts to the story. It can be silly, but it has to be nice.

4) Use a Calming Strategy:

If your child gets nervous or upset, show them how to push the palms of their hands together (fingers facing up toward the ceiling) and breathe slowly for 4 seconds in and 4 seconds out. Do this 5 times. I have tried the next strategy on children as young as two and they loved it. The goal is to breathe completely and deeply from your abdomen. You can practice at home by placing a small book on your stomach and watching it go up and down.

5) Relax Some Rules

It’s ok to relax some rules while traveling for everyone’s sake. Almost everyone has some kind of hand-held device these days. Allowing kids to play their favorite video games on long flights or car rides can be a lifesaver. Embrace a little “downtime” and enjoy the holidays!

www.ColumbusSpeech.org

510 E. North Broadway · Columbus, OH · 43214

P: 614.263.5151 · VP: 614.429.1382



automobile



airplane



suitcase



bed



house



dinner



family



Christmas tree



menorah



Kwanza



travel



gift

