

Journeys and visits



Why prepare children for journeys and visits?

- Journeys and visits take any child into a new situation which for many children is exciting. The new and therefore unpredictable is a source of anxiety for people with autism. They do not know what to expect in an unfamiliar situation and may not have the skills to behave in a socially expected way.
- If we can explain what will happen and what the expected response is we can help the child succeed in the new context (click on the document, left, to view Manchester airport's free Airport Awareness booklet).

How to use

- Use photos to prepare for school visits, residential trips, routes to school or transitions to new class or school.
- Write a social story, incorporating pictures and photographs where relevant, about what will happen during the journey or visit, the expected behaviour and an appropriate reward.
- Use diaries, calendars or countdown charts to see the event approaching visually.

Where next?

- Link recall of past events to help prepare a child for a similar upcoming event.
- Support the child in answering 'What?' 'When?' and 'Where?' questions about the new situation.