



Traveling with your child

Traveling with your children, creating memories and experiencing new adventures can be exciting, but it can also be overwhelming for yourself and your child. Preparation can help ease anxiety, stress and any other emotions your child may experience before or during your travel.

How to Support Your Child Before and During Traveling

Before traveling here are some tips to help ease your child's fears:

- Start with small trips.
- Create a visual schedule.
- Explain the itinerary to your child.
- Teach breathing and coping skills.
- Explore videos of the new experiences.
- Involve your child in the planning process.
- Pack items for comfort like, sensory and fidget toys.
- Role play new experiences i.e going on an airplane.
- Research accessible accommodations before traveling.
- Refer to resources or create social stories related to the new experiences.



During the trip here are some tips:

- Plan for breaks.
- Use noise canceling headphones.
- Use learned breathing and coping skills.
- Allow your child to communicate and express themselves in a safe space.



Magnuscards[®]

Free app available for Apple and Android. Companies create a digital sept by step guide for some activities.

Magnuscards are clear visuals with writing and audio in their card decks.

Magnuscards has stories for you children on:

- How to take public transit.
- How to navigate the airport.

www.magnusmode.com



TTC - How to Ride the Bus

created by



© 2019





Traveling at Toronto Pearson Airport



Anyone who has an invisible or visible disability, medical needs, sensory needs, may need extra help or additional time while traveling can acquire a sunflower lanyard. Toronto Pearson Airport and other airlines around the world recognize the sunflower lanyard.

How to get a sunflower lanyard

A sunflower lanyard can be picked up for free at the information desk located at the airport on the day of your trip, or requested through mail 14 days before travel.

Accessibility at Toronto Person Airport

Toronto Person Airport offers many accessibility accommodations to ensure everyone has a stress free experience while traveling

For more information visit:

www.torontopearson.com/en/accessibility

Access 2 Card

Easter Seals Canada goal is to ensure entertainment, cultural and recreational opportunities are available and accessible for all.

Over 500 places are participating.

Access cardholder pays regular admission price and receives 1 free or discounted admission for their support person.

Cost \$25 for 3 years, \$35 for 5 years.

For more information visit:

easterseals.ca



Traveling on VIA Rail

VIA Rail is offering discounts from June 19, 2026 to September 7, 2026.

Individuals under 17 years old are free with accompanied adult.

25% discount for individuals aged 18-24 years old.

For more information visit:

www.viarail.ca

Accessibility on VIA Rail

VIA Rail offers many accessibility accommodations to ensure everyone has a stress free experience while traveling

For more information visit:

www.viarail.ca/en/plan/accessibility



References:

www.torontopearson.com/en/accessibility
easterseals.ca
www.canada.ca/en/canadian-heritage/campaigns/canada-pass.html
www.viarail.ca
<https://www.viarail.ca/en/plan/accessibility>
Hdsunflower.com
www.magnusmode.com
connectability.ca/2010/09/23/creating-personal-stories/

Cristina Sanchez
Resource Consultant
csanchez@cicc.on.ca