

# Stress free bus trips



**1** Plan ahead

**2** Practice the trip

**3** Go on a short trip at first

**4** Remind your child of your expectations

**5** Talk about rewards and consequences

**6** Celebrate successes

## Planning

Ask yourself: Where are you going? How long is the commute time? How long is the walk time? Timing of the bus and route? How many stops are along the way? Where you can get off if there is a bathroom emergency?

  
**SCAN ME**  
**ETS Trip Tools**



[www.edmonton.ca/ets/ets-trip-tools](http://www.edmonton.ca/ets/ets-trip-tools)

## What to pack

- Snacks and water for children
- Books, quiet or sensory toys based on children's age
- Basic supplies such as diapers, extra pair of clothes, first aid kit, phone charger, baby wipes, sanitizer
- comfort items to create a soothing environment (eg. favourite blanket or stuffie)
- Keep an address and phone number card in children's pocket



# Stress free bus trips



## Timing:

- avoid disturbing your child's usual sleeping or eating routines
- go when your child is well rested

## Practice:

- walk to the bus stop
- talk to them about taking the bus and your expectations of how they will behave on the bus
- go on a short trip to practice (get off at the next stop)

## Set Expectations (for example):

- hold my hand when we get on and off the bus
- sit down on the seats
- use quiet voices
- keep our hands and feet to ourselves
- talk about rewards and consequences

## Trip Checklist

- plan your trip
- pack for the trip
- plan activities
- find a comfortable and safe seat
- keep your child occupied
- review the trip with your child

## Activity ideas

- eye spy
- colouring
- following the trip on a simple map
- count the stops
- read a book
- sensory toy
- rock paper scissors

