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| *Making Life Easier:* RUNNING ERRANDS |
| Use a **transition warning** (e.g., verbal, timer, count down, sing a song)**Tell** your child where you will be going. * Use “First…, Then…” statements.
* Use a Travel Book
* Include one of your child’s favorite places.
* Provide a transition object (toy, blankie, book, travel book, etc.)

Provide 2 or 3 choices for the transition object.Prepare a **cooler**.Prepare your **diaper bag** or a backpack (written list in bag).Getting in the **Car Seat**:* Make getting to the car a game (sing, skip, hop, race, count to 10).
* Make buckling up in his/her car seat a game (sing, encourage child’s help).
 | * Show a picture of him safely buckled in his/her seat. Keep it in their travel book.
* Insist that everybody has their seatbelts on before the car moves.

Provide you child **choices**. Your child could choose music, toys, books, etc.Make **your car** a “child friendly” place. * Keep an activity bin in the car. Rotate the contents every now and then. Allow your child to choose some of the contents.
* Play children’s music CDs. Provide 2 or 3 choices. Sing together.
* Cool or heat car in advance. Provide a means for your child to communicate how he/she feels.
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