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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. |