—"I would say the noise and the number of people is what really bothers him the most," says his mother. "It is very overwhelming. It does not help that he also has a sensory processing disorder, which makes everything he sees, hears, and feels much more intense for him. He can be tough when he is tired and we are with a lot of people. It is difficult to manage his needs on a plane." He has never been on an airplane because we hope to have him travel with us in the future.

Additionally, he has very specific requirements for his diet. He is gluten-free and cannot tolerate dairy. He also needs to eat every two hours to prevent feeling hungry. He also has a very specific routine he follows each day, and any deviation from this routine can cause him distress. He needs to see familiar faces and places around him to feel comfortable. He also needs to have a specific seating arrangement on the airplane, with his seatmates who understand his needs.

When he flies, he has a dedicated seatmate who helps him navigate the airport and the plane. They are trained in how to meet his needs and are able to communicate with him in a way that he understands. They also help him with any sensory issues he may be experiencing during the flight.

At home, he has a sensory-friendly environment created for him. The house is equipped with noise-reduction headphones, calming music, and dimmed lighting. He also has a routine for his daily activities, which helps him feel more comfortable.

He has also developed his own coping strategies, such as using specific scents and sensory materials. He also uses a specialized sleep aid that helps him fall asleep faster and deeper. He uses a customized wristband that emits subtle delta wave rhythms and puts a damper on his stress levels.

In conclusion, traveling with a child on the autism spectrum requires a lot of planning and preparation. It is important to have a dedicated team of professionals who understand the child's specific needs and can help manage any potential challenges. With the right support and accommodations, it is possible for children with autism to have positive traveling experiences.