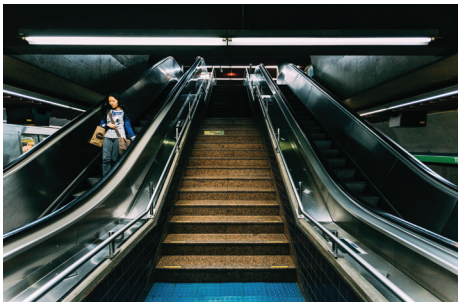
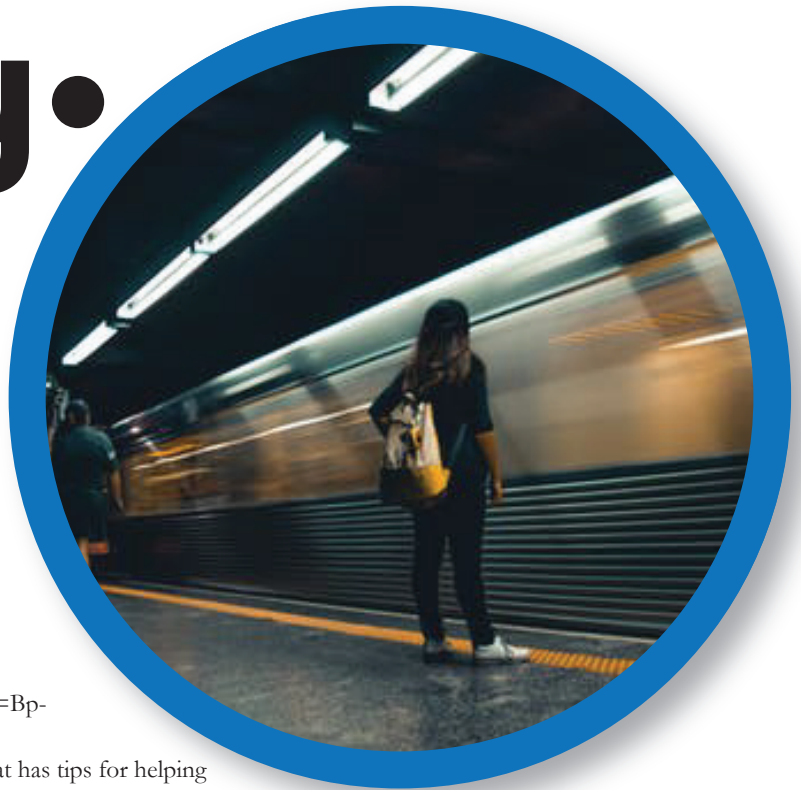


Subway • Metro • Train



A passenger riding an escalator down to a subway.

PRIOR PLANNING

What's challenging about this situation?

Subway or “metro” service can differ greatly from city to city. Planning ahead gives you a better understanding of them, and allows kids to prepare for their first experience. While it can be exciting for them, if they don't know what to expect it can also seem scary. When visiting a big city such as New York, the most convenient way to travel around is by subway. That may be different from the form of transportation you are used to..

Planning before a subway experience can make the trip easier to manage and more efficient, and can help ensure a more memorable and rewarding experience for your children.

Below are some tips for preplanning with your kids:

- Get the map and study it.
- Learn about metro rules.
- Mind (be aware of) the gap between the platform and the train.
- No food and beverages are allowed on some subways.
- There are no elevators in some subway stations, which may be difficult for those with a wheelchair.
- Watch a video that introduces the subway experience.

For example, A subway song for children

https://www.youtube.com/watch?v=Bp-kY2FKll_w

- Read an article that has tips for helping your child.

For example, Children with autism:

<https://www.spec-trumnews.org/news/new-york-program-transport-children-autism-passion/>



People sitting closely on a crowded subway train.

Tips for NYC subway experience:

<https://www.nycgo.com/articles/15-secret-subway-tips>

- Share the social story with your children
- Talk with your kids about things that may be unfamiliar, such as:
 - Elevators
 - Subway noise
 - Escalators
 - Closing doors on subways
 - Crowded subway platforms and train cars.

DURING YOUR TRIP

- Explore the map with your kids for a general overview:

The subway lines and routes might be messy. It would be great to explore the subway map with your children before taking the subway. Prepare for the worst. Discuss with your kids

where should they wait for you if you get separated. Pick a safe, easy to find place where you can meet up if that happens.

UH OH! CHALLENGES/BACKUP PLANS

Escalator-related distress:

Discuss how to use an escalator to avoid escalator stress.



Passengers waiting on a train platform.

Subway noise:

Discuss what you would hear in the subway. Let your children know about the subway noises ahead of time. Maybe play a video so they can hear recordings of the actual sounds.

YOU ARE NOT ALONE

- Always remember that you are not the only one who is having this kind of experience.
- Don't be afraid to be different. Engage your child in socializing with others. Try to share your story with others. Let those who interact with your kids know about their difficulties such as eye-contacting or language delay.