

Going to a Hotel



BEFORE YOU GO

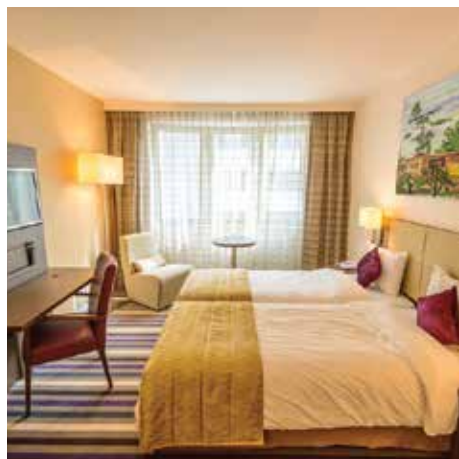
- Be sure to pack:
 - An extra blanket and pillow
 - Shower supplies (ask the hotel what supplies they provide, then bring what you need)
 - Snacks, water, or coins for a vending machine
 - Medication, insurance card, or personal healthcare items
- Show pictures of the outside and inside of the hotel to your child
- Prepare your child in case there is a wait to get into your room
- Practice going on an elevator before the trip and walking up flights of steps
- Discuss whether bedtime will be the same as it is at home
- Discuss who your child will sleep with while in the hotel if they share a bed or room
- Go over all safety concerns and plans that may apply in the hotel
- Plan meals, see what the hotel offers, and ask if breakfast or any snacks are free
- Pack an extra outfit for your child in case something happens
- Go over what your child should do if he or she gets lost in the hotel



Hotel guests with luggage.

DURING YOUR TRIP

- Take a tour or walk around the hotel so your child feels comfortable
- Introduce your child to the workers at the front desk
- Make sure your child knows your room number
- If using the pool, go over rules and safety procedures
- Make sure the door is locked at all times, especially if it leads outdoors or onto a balcony
- When you leave the hotel, make sure your child has your phone number written down in their pocket, purse, or bag in case of an emergency
- Discuss being respectful to others in the hotel (ex: no door slamming)
- Discuss how automatic doors work, and get your child familiar with them when you arrive



A typical hotel room.

CHALLENGES/ PLANS CHANGE

- Discuss what would happen if you needed to switch rooms or hotels for any unusual reason
- Discuss what would happen if there were a fire or evacuation while you're staying in the hotel
- Discuss with your child if home rules apply while in the hotel (ex: time out)
- Pack activities in case plans change due to weather
- **DON'T PANIC**, if you forget something!
 - Ask the front desk if they have any free items such as toothpaste, a toothbrush, lotion, a razor, etc.
- **DON'T WORRY**, if the hotel is not what you expected! Make it a positive experience and enjoy the events you have planned



A family checking into a hotel.