



Maintaining Independence

Now your child has been travel trained it is very important to keep practicing using public transport and roads. This will maintain the confidence and independence of your child.

Here are a few suggestions that you and your child can use to help maintain their confidence and independence:

- Organise a day trip using public transport and get your child to plan the journey.
- Go with your child on their journey to school/workplace and get them to show their independence.
- Allow your child to go out with friends.
- To use other modes of public transport, such as the train or the London underground.
- Download bus and train apps to make journey planning easier.
- Continue using public transport to go to and from school.
- Remember any medication or care plan (if applicable).
- Practice makes permanent!

