



Autism-friendly Christmas Tips

Prepare

Speak to your child about your plans, use a calendar to explain what is going to happen. Show pictures of people that are going to visit, activities and places you are going to see.

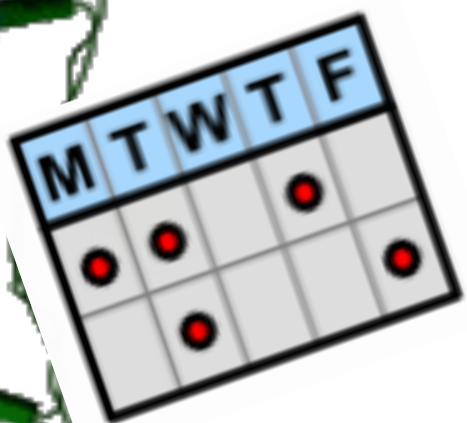


Routines

There will be lots of change of routine during the holidays so try and keep routines the same including meal times, bath time and bed time.

Schedule

In the morning talk your child through the plan of the day, support this by making a visual planner.



Sensory

Twinkly lights and noisy toys can be really fun but also overwhelming. Consider gradually building up the decorations and keep some areas Christmas-free. Consider using ear defenders.

Food

If your child struggles with new foods, Christmas may not be the time to try and introduce something new. If your child normally eats from a specific plate and sits in a specific seat, keep it the same.



Have a wonderful festive season!