



Holiday Tips



Some kids get overwhelmed with the bright lights, music, and hugging. Minimize sensory input wherever you can. Allow your child a free pass for things that aren't important.

What is the most important thing about the holiday? For every tradition or activity throughout the holiday season ask yourself what the goal is. For example, when you go to Grandma's, is it eating dinner, seeing family, or a gift exchange?

Prioritize that activity. Arrive early enough to have transitioned before that activity, but not so much earlier that your child is tired.

Plan for that activity by practicing whatever skill is needed beforehand. You are not superhuman. You can't practice everything. Practice what matters most. Then let your family know what you need to be successful ahead of time.

Let go the parts of the holiday event that you can. You can't always do everything. That is ok!

Know where there is a quiet place for a break if needed.

Bring activities for your child to do. Bring snacks.

If gift giving will be stressful, bring a favorite item/gift to the event or open gifts at home.

Make the holiday your own! What works for you? Spread the traditions and gift giving out across multiple times or places. Change the menu to something everyone likes. Change the visiting schedule to when it is quiet instead of crowded. And don't forget that you work hard too. Buy yourself something. You deserve it!

