Holidays, My Way!



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Proud Moments ABA

A Note for Grown-Ups

The winter holiday season can bring joyful moments and big feelings for autistic children.

Bright lights, loud music, unfamiliar foods, changes in routine, and busy gatherings may feel exciting, overwhelming, or both.

Every child is different. Some children may jump right in, while others may need extra time, a quiet break, familiar foods or clothes, or a simple plan for what to expect.

You can help by offering choices, preparing ahead, creating quiet spaces, and respecting your child's communication and boundaries.

Most of all, remember there is no one right way to celebrate. Small, comfortable moments can be just as meaningful as big traditions.



The holidays are coming!
There is so much to see.
Bright lights and decorations,
as cheerful as can be.



Some things feel familiar,
and some things feel new.
There is lots to discover
and lots we can do.



Some families gather. Some sing or bake.
Some light special candles or treats they make.



Some celebrate quietly, some with a crowd.
Each family has traditions that make them feel proud!



There is music and laughter and bells that go DING!
Some people are dancing, and others may sing.



Sometimes I love it!
Sometimes it's too loud.
I can wear my headphones
or step from the crowd.



There are cookies and noodles and warm things to eat.
So many new smells and so many sweet treats!



I can eat what I like, and that's perfectly fine.
I can try something new, or choose favorites of mine.



My family might visit,
with smiles and good cheer.
They may want a hug
when they see me appear.



I can wave or say hello,
or give a high five.
I choose how to greet them
when they arrive.



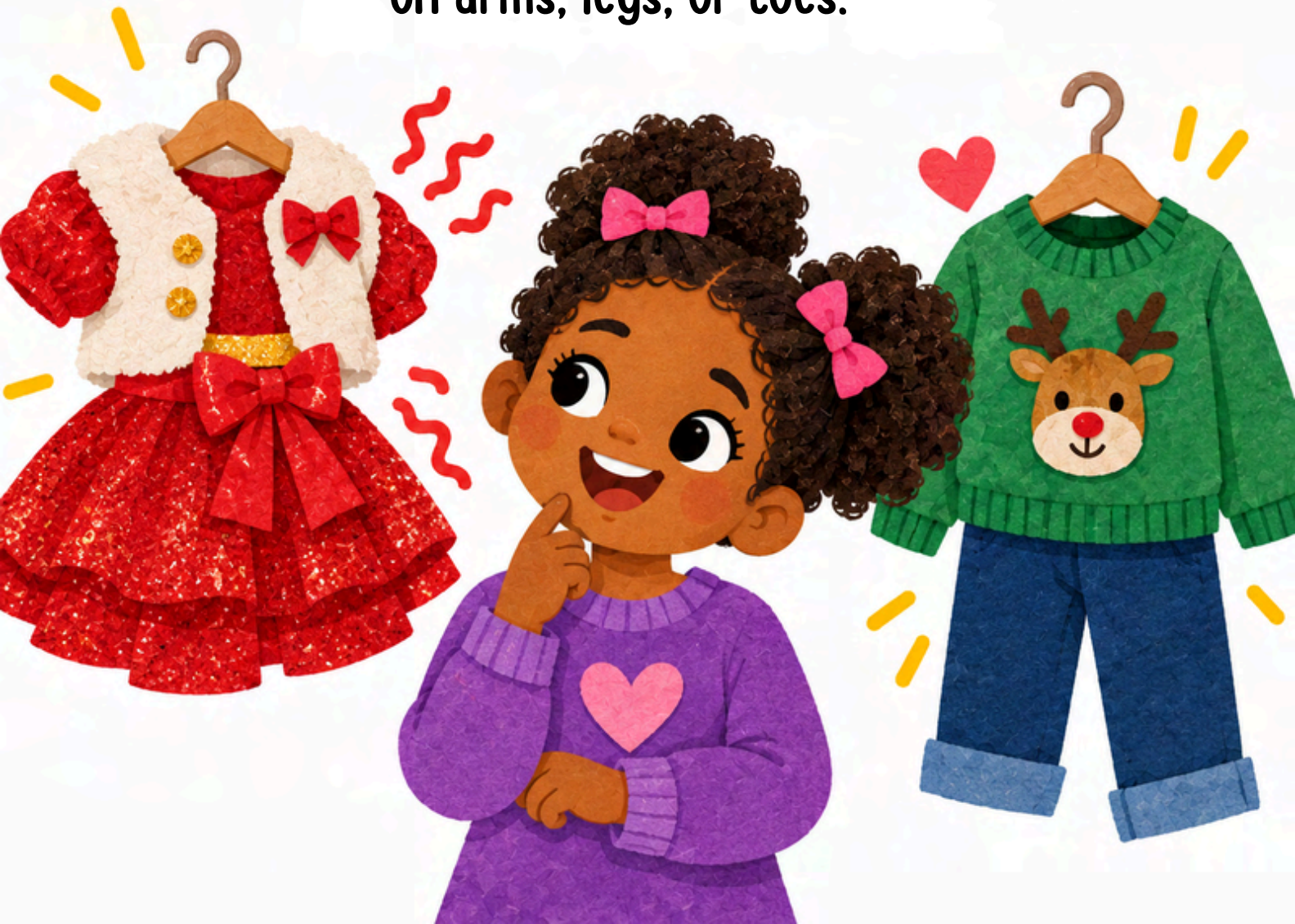
Some days we go places.
Some days we stay home.
Some days there's a party,
with new rooms to roam.



I feel better knowing
what happens and when.
A picture or plan helps me
know what's ahead.



Some clothes are fancy,
with buttons and bows.
Some feel too scratchy
on arms, legs, or toes.



I can wear something soft
that feels good all day.
Being comfortable helps me
enjoy things my way.




There might be surprises,
wrapped up with a bow.
Sometimes I'm excited!
Sometimes I don't know.

I can open things slowly,
or have someone near.
I don't have to hurry
or give a big cheer.




Sometimes it's busy.
Sometimes I need space.
A quiet little break
can help me feel great.
I can celebrate holidays
in my very own way!

Big celebrations. Little comforts. Holidays my way!

A gentle winter story about special traditions, sensory needs, and finding **cozy**, **joyful** ways to celebrate.



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