



# Holiday Calm

The holidays are a wonderful time of year with so much to see and do! Decorations, noises, lights, food, parties, presents, and more. Although this can be an exciting time of year for many, it can also be a stressful time for families of children with sensory sensitivities like Autism Spectrum Disorder.

Here are a few tips that parents and caregivers of children with autism or other sensory disorders can use to help their loved ones stay safe and calm during the holidays.

1. Know their Limits - know what your child can and cannot handle
2. Look for Quiet Spots - stake out your outing to know where you and your child can go if they need a break
3. Decorate Gradually - give your child a chance to adjust to the changes in your home
4. Avoid Surprises - try to stay close to your normal routine
5. Put Rules in Place Around Gifts - explain that gifts should only be opened at certain times, avoid bringing out large packages too early, and take toys out of boxes before wrapping to lessen frustration when the child wants to play with them
6. Appreciate the memories - no matter what happens, cherish the memories

Let's face it, the holidays are stressful for everyone. These tips are helpful for all children, but especially those with sensory disorders. Enjoy your holidays, enjoy your loved ones, and have a Merry Christmas!

If your child may need some additional assistance, contact TelePlay Therapy at 919-480-8589 to see how we can help.