

Top



Tips

for a



calm



Christmas

1



Use

visuals



photos/videos



of



any

new enviroments



and



pack



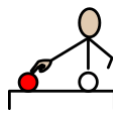
any



sensory



items



that



may



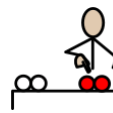
help



your



child.



These



may



include

fidgit



toys



headphones



snacks.

2



Make



sure



clothes

are

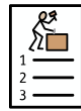
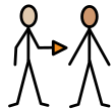
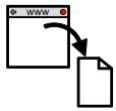


sensory



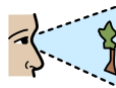
friendly.

3



3) Download menus if you plan to visit a restaurant.

4



4) Use a now/next visual for a younger child and timers can



work



well

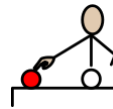


too.



Use

a visible planner for an older child

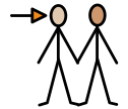


that



you can

redirect



them

to. A



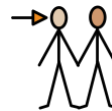
wall

planner

as well as



a notebook



they



can



carry,



works



well.



Use

ABC

text



messaging

for a

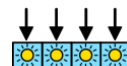


teenager



with

the



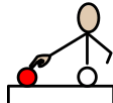
daily



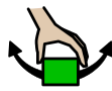
schedule



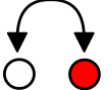
on.

5      

5) Role play any difficult situations that you may

 or  a  social story.

anticipate or use a social story.

6     

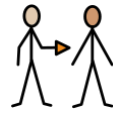
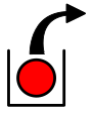
6) Have a menu plan for Christmas day which includes a list of

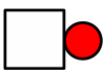
safe foods

7     

7) Have a safe space at home and an exit strategy for

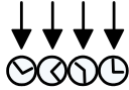
  

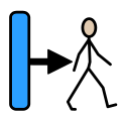
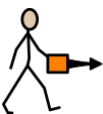
when you are out.

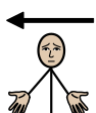
8    +  

8) Have a countdown to Christmas and a countdown after

  
Christmas for the return to school.

9    +  =  
9) Stick to bedtimes routines and boundaries as much as possible.

10      +  
10) Have breaks away from Christmas activities and take time out


if needed.