



Holiday Tips!

The holiday season is a joyful time of the year, but it also can be stressful for kids with autism spectrum disorder (ASD) and other neurodevelopmental disorders. Here are a few tips from our Behavior Intervention Team!

1. Roleplay and practice social situations – Having dinner with family members, opening presents.



2. Provide Visual Information – Create a calendar of events, take pictures of relatives and friends you will visit, practice names, and make a list of local activities during downtime.



3. Accommodate the space – Provide a quiet place for your child to relax.



4. Decorate gradually – Slowly introduce change by placing decorations and ornaments over time.



ENJOY IT!

