



FESTIVE FOUNDATIONS

TIPS AND TRICKS TO PREPARE FOR A SENSORY
FRIENDLY HOLIDAY SEASON

Knowing what to expect this holiday season can help make it a fun time for everyone. Here are some helpful tips and tricks to help make this time of year enjoyable for everyone!

- **HAVE A CODE WORD AND AN EXIT STRATEGY PLANNED OUT BEFOREHAND**

If you have another adult with you while you're out, create a code word that either of you can say if anyone in the family needs to leave immediately.

- **LOWER EXPECTATIONS**

The best holiday memories are made when everyone is more present and less stressed! Try not to set expectations for yourself or your family.

- **READ SOCIAL STORIES ABOUT WHAT THE INDIVIDUAL MIGHT EXPECT AT DIFFERENT EVENTS**

If yourself or your children don't know what to expect, read stories together about the kinds of event you are attending. If you can't find one, Chat GBT can be a useful tool in writing one for you.

- **CREATE A VISUAL SCHEDULE SO THAT EVERYONE KNOWS WHAT TO EXPECT THE DAY TO LOOK LIKE**

Use pictures to create a step-by-step schedule to help you and your family better understand the events and activities that will take place.

- **IDENTIFY A FRIEND OR FAMILY MEMBER WHO CAN PROVIDE BRIEF RESPITE DURING THIS TIME SO THAT YOU CAN ALSO HAVE TIME TO ENJOY THE HOLIDAY.**



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