



Communication and Autism Team

Preparing for The Holidays





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Christmas Holidays - Changes we might notice

- Lots of people will be celebrating Christmas
- There may be lots of lights and decorations.
- There may be some crowds in areas like shops.
- We may have more family over than usual.
- People might seem more excited than usual.





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Ways to enjoy it

- Plan out what works for your family - don't feel pressured into doing things that everyone does for theirs.
- Make plans with your family.
- Communicate with everyone who will be there and what is happening and when.
- Think about using visuals to help communicate this - but only a little at a time.



No school





Sensory Considerations

- Plan your activities around any sensory differences you may have in your family.
- New smells, lights, noises, songs etc can be too much for some.
- Find / make a quiet and calm space for anyone who needs to take a break.
- Don't feel pressure to follow others - say what works and doesn't work for your family.
- Plan in quiet days and times where you can too.





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Inform others

- Tell family and friends about anything that will make visiting easier. Eg: turning off Christmas lights, making a safe / quiet space, sharing what the food will be etc.
- Don't feel pressured as a family to join virtual meet ups on zoom etc - allow those that want to participate to and send pictures of others.





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Happy Holidays from all at the CAT team

