

# TIPS FOR Sensory Friendly HOLIDAYS



## Social Story/Role Play

Help your child know what to expect during the holiday event. Talk about common scenarios that may happen and practice skills needed for the event. Whether that's waiting during trick or treating, greeting loved ones at dinner, or lighting candles for a holiday ritual, it's always helpful to practice!



## Consider sensory friendly attire

Consider your child's unique response to sensory experiences when choosing an outfit for the occasion. Have them practice wearing the outfit before in preparation for the big day!

## Managing crowds & noise

Try using ear plugs or headphones in large crowds or noisy spaces. Be strategic and patient when participating in crowded events, allowing for time for crowds to subside.

## Have options available

Provide a space or items to help your child decompress and regulate during the busy holiday events. This might look like setting up a calming corner, or having comforting items available for your child as you celebrate the holidays!

