



# 5 Tips For Preventing Overstimulation During the Holidays

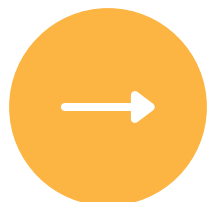
**SWIPE TO READ**



# Practice Makes Perfect

Try new foods or visit holiday settings in advance. This can help your child feel comfortable and understand what to expect during family gatherings. If your child will be meeting extended family members for the first time, consider getting acquainted with a video call before the big day.

**NEXT UP: TOOLS FOR SUCCESS**





# Tools For Success

Create a "comfort" bag with items your child can use to help them feel safe and relaxed during overwhelming situations. You can include things that have a familiar feel or smell like a blanket or a favorite toy. Ear plugs or noise canceling headphones can also be helpful to have since they reduce the amount of stimuli your child is experiencing.

**NEXT UP: CREATE A QUIET SPACE**

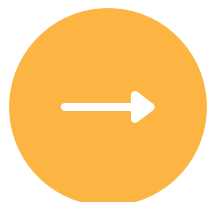




# Create A Quiet Space

For a child with Autism, all the noise, smells, tastes and social interactions at holiday gatherings can quickly become overwhelming. Set aside a space where they can decompress in a quiet environment with limited stimulation. If you notice your child showing signs of stress, you can take them to their designated quiet area to reset.

**NEXT UP: GET COMFY**

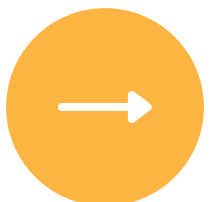




# Get Comfy

Comfort is key. Especially if you're traveling for the holidays, having comfortable clothing can make a world of difference. We suggest letting your child pick out their favorite items to wear and having a few back up options available. If you prefer to choose your child's outfits, keep in mind their favorite colors, textures, or prints to help make getting dressed a little bit easier.

**NEXT UP: LET YOUR CREATIVITY SHINE**





# Let Your Creativity Shine.

Books, music and activities are a great way to help your child get familiar with common holiday events like visiting Santa or lighting a Menorah. Knowing what to expect when entering these situations reduces some of the stress and anxiety associated with new things.

