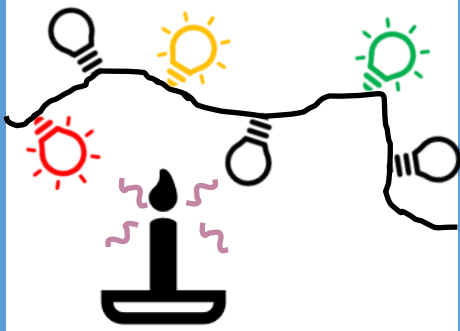
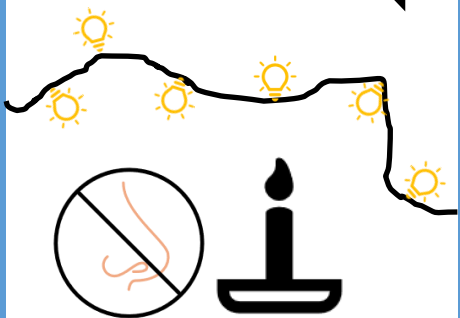


Autism at Christmas

Things to consider



Some decorations can cause sensory overload



Agree on decorations that are comfortable for your family



Suprises can be overwhelming



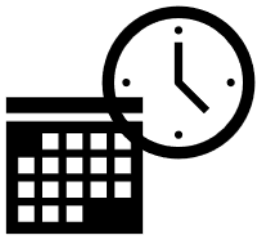
Set boundaries with family and friends on Presents (quantity, content and presentation)



Socialising can be exhausting



Create a safe space to go to recover from overwhelm



Changes to routine can be challenging



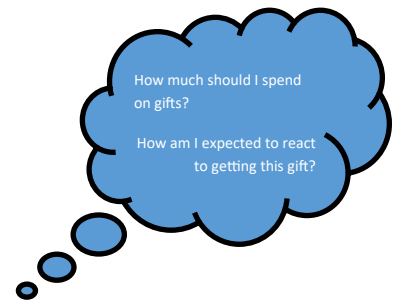
Agree on a plan in advance. A Visual schedule can be helpful



Too much change at once can be upsetting



Decorate gradually for an easier transition



Expectations can be difficult to navigate



Discuss expectations and make a plan.