

“Surviving the Holidays” Checklist

Staying Home With Guests

3 Landing Pads in Place-New items to use
Headphones/Books
Specific job they can handle
At least 1 food item per meal I KNOW my child likes
Small baggies of snack items ready
3 Meals a day
Feed child before guests come-then again later
High Five Expectations
Normal Bed Times
Keep sensory stimuli low – no candles, loud music, uncomfortable clothing,
Paint the picture for your child so he knows how it all is going to go

Staying Home Without Guests

3 Landing Pads in Place-New items to use
Headphones/Books
At least 1 food item per meal I KNOW my child likes
Small baggies of snack items ready
3 Meals a day
Keep sensory stimuli low – no candles, loud music, uncomfortable clothing, extra
noise
Feed child before guests come-then again later
Normal Bed Times
Paint the picture for your child so he knows how it all is going to go
1 shorter dose of an activity
Create space because of increased intimacy-outside
Get out yourself-with or without family
Create a new tradition honoring family that is not with you

Traveling For the Day

Bring a bag of stuff to do-new and like

Snacks

Foods they like

Fidgets

Headphones

Keep extra sensory stimuli as low as possible

Find a spot not in the middle of things but within eyesight

Multiple check ins

Paint a pic

Be the bridge in regards to food

Traveling & Overnight Stay

Bring a bag of stuff to do-new and like

Snacks

Foods they like

Fidgets

Headphones

Keep extra sensory stimuli as low as possible

Find a spot not in the middle of things but within eyesight

Paint a pic

Be the bridge in regards to food

Bring their bedding---pillow case

Bring their attachment item/toys

Quiet space of their own but with you