

# HOW TO SURVIVE THE HOLIDAYS

Say no to things

Serve preferred foods,  
now isn't the time to  
work on food  
exploration

Use the regulation  
strategies proactively

Review the days events  
ahead of time with the  
child (social story)

Listen to their body  
cues

Don't skip the naps

Tell family that fist  
bumps and waves are  
appropriate ways to  
say hello or goodbye

Keep their routine as  
similar as possible

Don't force new  
clothing options

Facetime unfamiliar  
family members ahead  
of time.