

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 day's 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.