













Holiday Planner

Sunday	Tuesday	Thursday	Saturday
November			
<p>17 Look through cookbooks together to find holiday dishes your child will eat. Add them to your menu or offer to bring one to the holiday meal at someone else's home.</p>	<p>18</p> 	<p>19 Call your holiday host for the guest list. Your child can make place cards and find in advance who will be there.</p>	<p>20</p> 
<p>21</p> 	<p>22 If light bothers your child, search online together for pictures of holiday displays. Talk about what your child would be OK with before you decorate.</p>	<p>23 Create a family holiday calendar with activities you'll do and people you'll visit. You can even attach photos.</p> <p>Use Velcro dots so you can move things if the schedule changes.</p>	<p>24 Look for comfortable clothes for holiday events. A tuxedo T-shirt or black leggings with a long, soft sweater can look dressy but still feel comfortable.</p>
<p>25 As you're adjusting plans for your child, touch base with other family members about what they'd enjoy for the holidays. Let them know about any changes to family traditions.</p>	<p>26</p> 	<p>27 Take time as a family to give thanks. Ask what everyone is most grateful for this year. Then gather their thoughts in a list, collage, or video.</p>	<p>28 Celebrate being with family and friends, and let little things go.</p>
<p>29 Check out online shopping deals. Let your child help you pick out gifts so you can both avoid the holiday crowds.</p>	<p>30</p> 		

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<p>1 Set up a “holiday-free” zone at home — a place without holiday decorations, food smells, and people, where your child can decompress.</p>	<p>2 Brainstorm foods your child will eat that also fit your holiday traditions. Jelly doughnuts instead of potato pancakes? Punch instead of eggnog?</p>	<p>3 Look into sensory-friendly festivities in your area, like movies and concerts.</p>	<p>4 Decide how your family will handle presents this year.</p> <p>Exchanging gifts is stressful for some kids. “Secret Santa” and “Yankee Swap” games may add to anxiety.</p>	<p>5</p> 	<p>6 Send a note to friends and family you’ll visit this season. Explain that you may arrive late or leave early, and share your child’s sensory needs when it comes to affection.</p>	<p>7 Make cookies together. Using a rolling pin helps kids practice motor skills. If your child doesn’t like the feel of cookie dough, you can decorate store-bought cookies.</p>
<p>8 Read books about the holidays your family celebrates and your family traditions.</p>	<p>9</p> 	<p>10 Line up babysitters for special events. Even if your child is coming with you, you may want someone on call in case your child needs to leave early.</p>	<p>11 Create a fun “survival kit” of calming items for your child. One idea is a winter-themed sensory bottle.</p>	<p>12 Role-play different social situations that might be tricky for your child.</p>	<p>13</p> 	<p>14 Take a day off from holiday planning. Let your child choose dinner and relax together.</p> 

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<p>15 Watch your child's favorite holiday movie together. Snuggling is a great way to provide sensory input for kids who like that.</p>	<p>16 Think of simple ways to reply to comments or questions about your child's sensory challenges.</p>	<p>17 Call your house of worship and ask which service times are likely to be less crowded.</p>	<p>18</p> 	<p>19 If you're traveling, pack a sensory travel kit.</p>	<p>20 Practice friendly holiday greetings that your child is comfortable with. Your child may prefer to nod and say "Happy Holidays!"</p>	<p>21 Come up with a creative "escape" signal your child can use to signal "I need a break from the festivities!"</p>
<p>22 If your child is sensitive to the smell of candles, put your menorah on a cookie sheet and carefully move it to another room after you light it.</p>	<p>23 Try to take a break from holiday activities to just enjoy being together.</p>	<p>24</p> 	<p>25 The prep work is done, so you can focus on enjoying the day.</p>	<p>26 Be flexible with your plans for today. If you celebrated Christmas, your child may need time to recover from yesterday's excitement.</p>	<p>27 Check in to see if your child wants to make plans to hang out with a friend for a low-key vacation day.</p>	<p>28 Visit some of the holiday sights or see that holiday blockbuster movie now that the crowds have died down.</p>
<p>29 This is a low-stress day to meet up with people you didn't see at the holidays. Keep it small and simple.</p>	<p>30</p> 	<p>31 If you have New Year's Eve plans, keep the day calm.</p>	<p>1 Happy New Year!</p>	<p>2-5 With the holiday season over, it's time to get back in shape for school. Return to a regular sleep schedule and talk about goals for the next half of the school year.</p>		