

**A Parent's  
Guide to:**

# Surviving Christmas



**The  
Neurodiverse  
Way**



**Christmas can be  
overwhelming for  
everyone, creating  
feelings of anxiety  
and uncertainty**

**Creating an inclusive  
and supportive  
environment will help  
everyone enjoy  
the festivities**

**Of course, every  
child is different**

**These are simply  
tips which may help**

**Please feel free to  
adapt them to suit  
your family**

# Things To Remember

What you see on  
**social media**  
is not always a  
**true reflection**

Manage  
your  
**Expectations**

It's OK  
to Skip  
**Traditions**

Memories are  
made -  
**Not Bought!**

Let the  
Little  
Things  
**Go**

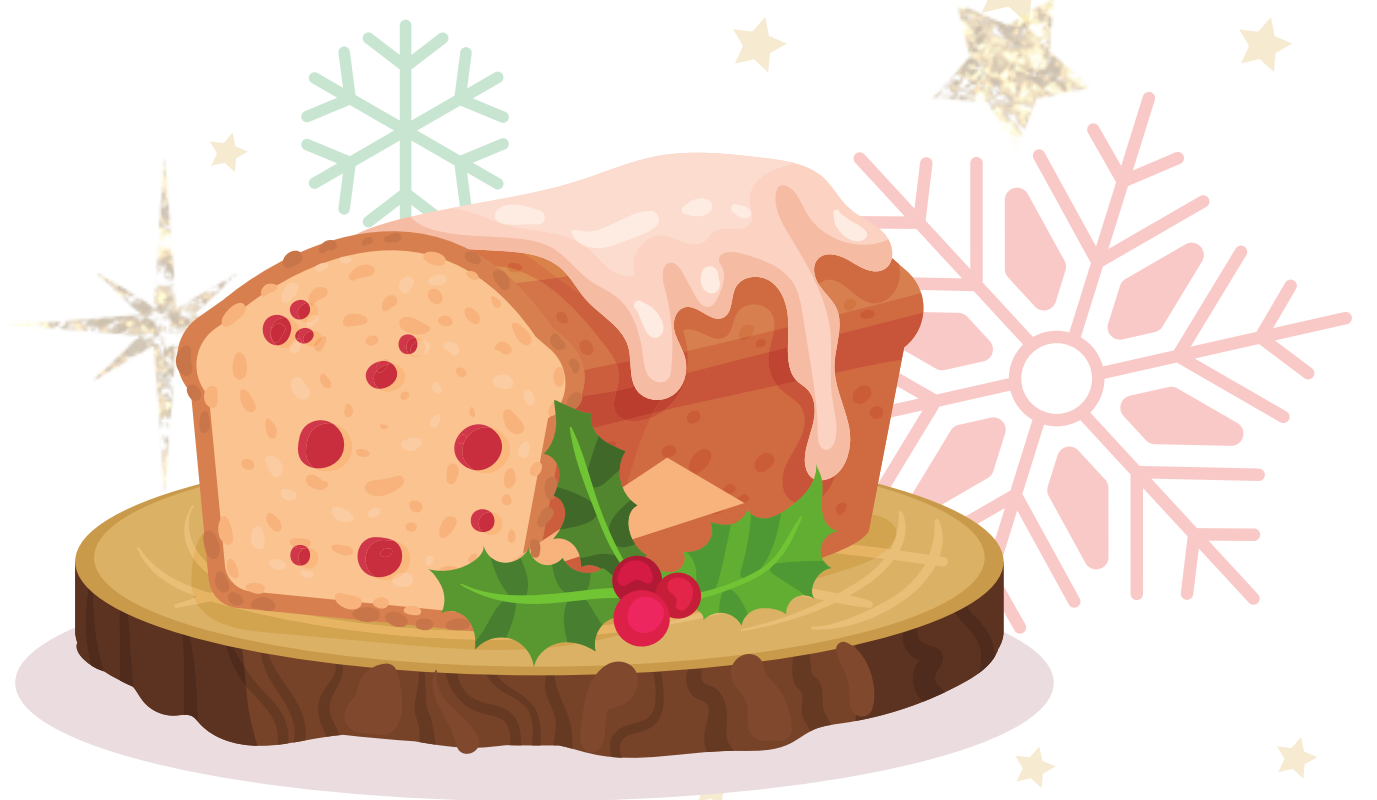


# Clear Communication

The new and exciting experiences can cause feelings of overload and lead to meltdowns.

Using clear and concise language can help alleviate anxiety/confusion/fear

Explain in as much or as little detail what is happening when making plans or carrying out holiday traditions



# Things To Remember

**Visual Supports can be really useful**

**They enhance understanding and reduce stress**

**Plan for sensory breaks and consider making a quiet space**

**Keep routines and activities as familiar as possible**

# Lastly...

**You don't need to have matching pjs  
or a Christmas Eve Box  
to be a great parent!**



**You don't need a mass of presents  
under the tree - it's who's around it that  
counts!**



**Your Christmas is YOUR Christmas!  
Do it your way and don't  
feel bad for it!**



**Don't let anyone make you feel that  
you're not doing an EXCELLENT job,  
because you are! You wouldn't be  
reading this if you didn't care!**

