

Holiday Planner



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

22

Look through holiday cookbooks together to find alternative holiday dishes your child will eat. You can add them to your menu or offer to bring one to the holiday meal at someone else's home.

23

Call your holiday host for the guest list. Your child can make place cards for the meal and find out in advance who he can expect to see.

24

Take time as a family to give thanks. Ask what everyone is most grateful for this year. Then gather their thoughts in a list, a collage or a video.

25



26

Happy Thanksgiving!

Celebrate being with family and friends, and let little things go.

27

Check out the online shopping deals. Let your child help you pick out gifts for family members so you can both avoid the holiday crowds.

28

Create a family holiday calendar marking activities you'll do and people you'll visit. You can even attach photos.

If you attach photos with Velcro dots, they can be moved if the schedule changes.

29

Brainstorm foods your child will eat that also fit your holiday traditions. Will he eat jelly doughnuts instead of potato pancakes? How about punch instead of eggnog?

30



December

1

As you're making plans for your child with sensory processing issues, be sure to touch base with your other kids about what they would enjoy for the holidays. Let them know about any changes to family traditions.

2

If your child is bothered by light, you can do a web search together for pictures of holiday light displays. Discuss what might work for him before you decorate.

3

Investigate sensory-friendly activities in your area, such as movie showings or concerts.

4

Start looking for comfortable clothes for school holiday programs.

Try to think outside the box. A fuzzy T-shirt—or black leggings with a long, soft sweater—can look dressy but still feel comfortable.

5

Set up a "holiday-free" zone at home—a place your child can go to decompress that's free of holiday decorations, food smells and people.