

Seasonal Changes - Winter

Adjusting to changes and keeping routine

Changes in routine

Parties – events – invitations / expectations – traditions

Changes in environment

weather – smells – decorations – temperature and light
changes in trees – access to outside

Changes in clothing

different sounds – layers – party clothes – safe clothes

Food – safe foods are ok – accept

Think about

visuals – what will happen and when / build in choices /
how can I / you opt out

Plan ahead – a safe space to retreat to / consider shorter
visits / what's in the gifts / preference for wrapping or not !
can you eat in a space away / pack safe foods

Communicate – setting expectations ahead – what might
help you / your family and why / expectations

what works for you – creating new traditions

Explore

Sharing lived experience – from our team

Everyone is different – you will find what works for you

- **When we put up the decorations they like to choose the day they go up and down and prefers to be in their room whilst we change the house and then they join us to complete the decorations by putting the star on the tree.**
- **likes to choose their presents and list who they will come from , to check them over and then wrap them together, writing on the label what's inside**
- **Crackers at the table with everyone then disappearing off to room to eat pizza Sharing a tradition and a moment together without the food**
- **We can have a houseful as long as there's a space to retreat to and eat dinner wherever they choose**
 - **a door step visit for ten minutes works for me to connect with family**
- **No surprises!!! don't force me to open presents in front of everyone I feel uncomfortable, let me take it at my own pace , in my own space**

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Links to more information and lived experience

[Autism Central](#) – Guidance for Christmas

[Reachout ASC](#) has some downloadable resources including a visual about school plays and a day at home routine

[SNAP](#) – Christmas survival guide for SEND Families

[Autism Understood](#) for young people – what helps / works for you around this time. / gifts and more

[National Autistic society](#) has a page of links of information from people of all ages – blogs , tips and videos you may want to share with others to explore too