

Autism Holiday Toolkit

Family Checklist

Plan Ahead

- ☐ Create a visual schedule for the week/day
- ☐ Highlight events, meals, & travel
- ☐ Practice new experiences with photos/videos

Sensory Prep

- ☐ Designate a quiet “reset” space
- ☐ Pack headphones, fidgets, weighted blankets
- ☐ Introduce decorations gradually; avoid flashing lights & loud sounds

Social Skills

- ☐ Use social stories for events and gift opening
- ☐ Role-play greetings
- ☐ Provide phrase or choice cards for easy communication

Meals & Routines

- ☐ Include familiar foods
- ☐ Serve foods separately to reduce stress
- ☐ Keep core routines: bedtimes, meals, and screen time

Emotional Regulation

- ☐ Practice deep breathing
- ☐ Use a feelings chart to identify emotions and coping tools
- ☐ Schedule short breaks

Caregiver Support

- ☐ Prepare siblings with guidance and expectations
- ☐ Caregiver self-care: short breaks, realistic expectations