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## Navigating the Holidays with Children on the Spectrum

Tips for a  
Smooth Holiday  
Experience

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Books to  
Check Out

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 **triumph**  
Behavior Support

# Navigating the Holidays with Children on the Spectrum



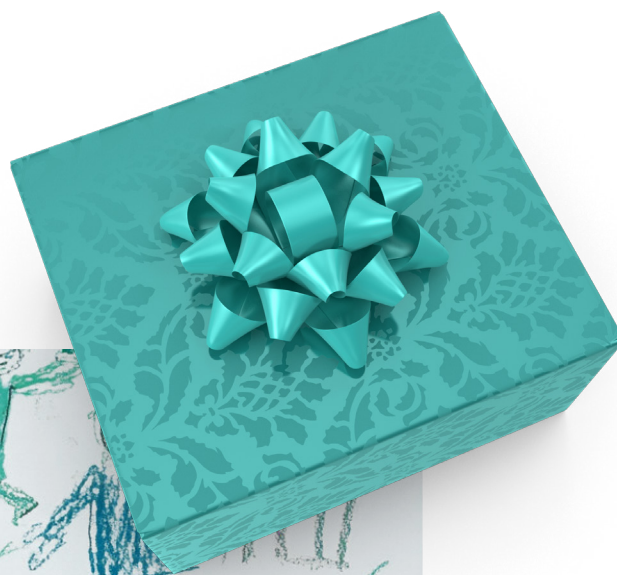
Dear Triumph ABA Parents,

Holidays are a time of celebration, family gatherings, and special traditions—but for children on the autism spectrum, they can also bring sensory overload, changes in routine, and social challenges. While the excitement of the season is something to cherish, it's important to prepare in a way that ensures a smooth and enjoyable experience for the whole family.

Whether it's preparing for large gatherings, navigating new environments, or handling unexpected changes, there are plenty of ways to make the holidays more manageable for your child. In this month's newsletter, we're

sharing practical tips and strategies to help reduce stress and make holiday celebrations fun, inclusive, and autism-friendly.

With the right preparation, holidays can become a time of joy, comfort, and meaningful connection—on your child's terms. Let's explore ways to create a sensory-friendly and structured holiday season for your family.





## Tips for Encouraging Better Eating Habits

1

**Prepare in Advance:** Talk to your child about the upcoming holiday ahead of time using visual schedules, social stories, or pictures to help set expectations.

2

**Maintain Routines as Much as Possible:** While holidays bring changes, keeping key parts of your child's routine (mealtimes, bedtime, quiet breaks) can help them feel more secure.

3

**Plan a Quiet Space:** Large family gatherings can be overwhelming. Set up a quiet, calming space where your child can take breaks if they need to regulate.

4

**Practice Holiday Scenarios:** If your child struggles with greetings, transitions, or sitting through meals, practice these moments ahead of time in a relaxed setting.

5

**Prepare for Sensory Challenges:** Be mindful of sensory triggers—holiday lights, loud music, unfamiliar foods—and bring comfort items like noise-canceling headphones, sunglasses, or preferred snacks.

6

**Give Choices & Allow Flexibility:** If certain traditions feel overwhelming, offer alternatives! Whether it's participating in a different way or skipping certain activities, honoring your child's comfort level is key.

# NEWSLETTER



TO  
CHECK  
OUT

Autism in the  
Holidays:  
Strategies for  
Surviving and  
Thriving by  
Jennifer  
Cook

The Autism-Friendly  
Guide to Periods of  
Change: Managing  
Holidays, Travel,  
and Unexpected  
Situations by  
Brenda Boyd

The  
Out-of-Sync  
Child by  
Carol  
Kranowitz

Social Skills  
Activities for Kids:  
50 Fun Exercises  
for Making Friends,  
Talking, and  
Understanding  
Social Rules by  
Natasha Daniels

Sensory  
Strategies for  
Special Kids:  
A Guide for  
Parents by  
Angie Voss

**Quote of the month:**

**Children with autism are colorful – they are often very beautiful and, like the rainbow, they stand out.**

**- Adele Devine**



We hope these strategies help you navigate the holidays with more ease and joy! Remember, there's no "right" way to celebrate—the most important thing is creating an environment where your child feels comfortable, included, and happy.

Wishing you and your family a warm and joyful holiday season!