

# Holiday Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November						
<p><b>17</b> Look through cookbooks together to find holiday dishes your child will eat. Add them to your menu or offer to bring one to the holiday meal at someone else's home.</p>	<p><b>18</b></p> 	<p><b>19</b> Call your holiday host for the guest list. Your child can make place cards and find in advance who will be there.</p>	<p><b>20</b></p> 	<p><b>21</b></p> 	<p><b>22</b> If light bothers your child, search online together for pictures of holiday displays. Talk about what your child would be OK with before you decorate.</p>	<p><b>23</b> Create a family holiday calendar with activities you'll do and people you'll visit. You can even attach photos.</p> <p><b>Use Velcro dots so you can move things if the schedule changes.</b></p>
<p><b>24</b> Look for comfortable clothes for holiday events. <b>A tuxedo T-shirt or black leggings with a long, soft sweater can look dressy but still feel comfortable.</b></p>	<p><b>25</b> As you're adjusting plans for your child, touch base with other family members about what they'd enjoy for the holidays. Let them know about any changes to family traditions.</p>	<p><b>26</b></p> 	<p><b>27</b> Take time as a family to give thanks. Ask what everyone is most grateful for this year. Then gather their thoughts in a list, collage, or video.</p>	<p><b>28</b> Happy Thanksgiving! Celebrate being with family and friends, and let little things go.</p>	<p><b>29</b> Check out online shopping deals. Let your child help you pick out gifts so you can both avoid the holiday crowds.</p>	

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<p><b>1</b> Set up a “holiday-free” zone at home — a place without holiday decorations, food smells, and people, where your child can decompress.</p>	<p><b>2</b> Brainstorm foods your child will eat that also fit your holiday traditions. Jelly doughnuts instead of potato pancakes? Punch instead of eggnog?</p>	<p><b>3</b> Look into sensory-friendly festivities in your area, like movies and concerts.</p>	<p><b>4</b> Decide how your family will handle presents this year.  <b>Exchanging gifts is stressful for some kids. “Secret Santa” and “Yankee Swap” games may add to anxiety.</b></p>	<p><b>5</b></p> 	<p><b>6</b> Send a note to friends and family you’ll visit this season. Explain that you may arrive late or leave early, and share your child’s sensory needs when it comes to affection.</p>	<p><b>7</b> Make cookies together. Using a rolling pin helps kids practice motor skills. If your child doesn’t like the feel of cookie dough, you can decorate store-bought cookies.</p>
<p><b>8</b> Read books about the holidays your family celebrates and your family traditions.</p>	<p><b>9</b></p> 	<p><b>10</b> Line up babysitters for special events. Even if your child is coming with you, you may want someone on call in case your child needs to leave early.</p>	<p><b>11</b> Create a fun “survival kit” of calming items for your child. One idea is a winter-themed sensory bottle.</p>	<p><b>12</b> Role-play different social situations that might be tricky for your child.</p>	<p><b>13</b></p> 	<p><b>14</b> Take a day off from holiday planning. Let your child choose dinner and relax together.</p> 

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<b>15</b> Watch your child's favorite holiday movie together. Snuggling is a great way to provide sensory input for kids who like that.	<b>16</b> Think of simple ways to reply to comments or questions about your child's sensory challenges.	<b>17</b> Call your house of worship and ask which service times are likely to be less crowded.	<b>18</b> 	<b>19</b> If you're traveling, pack a sensory travel kit.	<b>20</b> Practice friendly holiday greetings that your child is comfortable with. Your child may prefer to nod and say "Happy Holidays!"	<b>21</b> Come up with a creative "escape" signal your child can use to signal "I need a break from the festivities!"
<b>22</b> Happy Hanukkah! If your child is sensitive to the smell of candles, put your menorah on a cookie sheet and carefully move it to another room after you light it.	<b>23</b> Try to take a break from holiday activities to just enjoy being together.	<b>24</b> 	<b>25</b> Merry Christmas! The prep work is done, so you can focus on enjoying the day.	<b>26</b> Be flexible with your plans for today. If you celebrated Christmas, your child may need time to recover from yesterday's excitement.	<b>27</b> Check in to see if your child wants to make plans to hang out with a friend for a low-key vacation day.	<b>28</b> Visit some of the holiday sights or see that holiday blockbuster movie now that the crowds have died down.
<b>29</b> This is a low-stress day to meet up with people you didn't see at the holidays. Keep it small and simple.	<b>30</b> 	<b>31</b> If you have New Year's Eve plans, keep the day calm.	<b>January</b> <b>1</b> Happy New Year!	<b>2-5</b> With the holiday season over, it's time to get back in shape for school. Return to a regular sleep schedule and talk about goals for the next half of the school year.		