



A Note For Caregivers

Don't forget to take care of yourself. Holidays are stressful for everyone, but even more so for families that have children with autism. Find times to relax and enjoy the time of year!

Reach out to your BCBA to help you set up routines and strategies for this holiday season. You don't need to do this alone!

Get outside! Try going for a short walk each day. If your child enjoys walks and follows your directions outside, bring them with you. This is a great time to remove distractions and connect with the environment.

Accept imperfection. Acknowledge that things may not go as planned and that's ok.

Set boundaries for you and your child. You can decide where you and your child will go, what you will do, how long you will stay, and how much you will participate. Be honest about what you can handle, and when you need support. Focus on quality, not quantity.

Celebrate small victories. Small achievements are cause for big celebrations. Whether it's for you or your child, make sure to reflect and take pride in any accomplishments, especially during a busy season!