

Creating Inclusive Holidays for Neurodivergent Loved Ones

The holidays can be a fun, but challenging time for your neurodivergent family members. Here are a few tips!

Travel

- Plan for breaks and downtime.
- Pack comfort items (headphones, snacks).
- Communicate travel plans ahead of time.



Sensory Considerations

- Designate a quiet “veg-out” space.
- Keep lighting and noise levels flexible.
- Respect sensory preferences.



Social Overwhelm

- Provide structured activities, like board games.
- Identify and support “safe people”.
- Respect boundaries about mingling.



Touch Sensitivity

- Offer scripts to decline touch (example: hugs).
- Plan for alternatives (side hugs, waves).
- Provide escape routes if needed.



Supporting Routine Adaptations

- Allow for familiar routine components (favorite breakfast or activities).
- Maintain beloved holiday traditions.

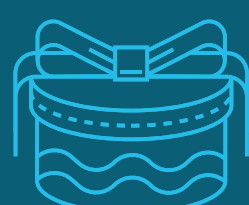


Crisis Support

- Create a clear crisis plan.
- Prepare a safe space for calming down.
- Reduce shame around shutdowns/meltdowns.



visit wapave.org and type the words: Holiday Support on the search bar for more info!



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