

# Parent to parent Christmas tips

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**X's Mum and Dad accepted a couple of years ago that their Christmas celebrations need to be tailored to the needs of their child.**

## **This is what X's mum said:**

“We both loved Christmas as children, but we did not have our child's difficulties and we want our child to have the best Christmas for them. If our child is happy, so are we.

Some of things we have done on previous Christmases and will continue this year are as follows;

- 1) We have pared down the decorations at home – a small tree, a few lights and cards.
- 2) We don't do a Father Christmas visit. We may try it at some point but not concerned if we never do it.
- 3) Gift opening is very relaxed and we don't overdo the presents
- 4) Christmas lunch is on Christmas Eve and we give our child what we know they would really like to eat (within reason - I am still a mum!). If they want to try some of our lunch fine, but if not also fine.
- 5) We don't visit family members who live a long distance away
- 6) If we have visitors at home we have a quiet area/sensory retreat where our child can go to avoid the constant chatter. I am going to give them a visual prompt to use this weekend so we can practice this.
- 7) We have an Advent truck where a chocolate treat is left each morning in December. Unsurprisingly enough they really enjoy this!

