



AUBIN APHASIA
Speech & Language Center



Holly Ridge Center

Enjoying the Holidays

Professionals from Aubin Aphasia & Holly Ridge partnered to provide you with the following tips & tricks to enjoying the holidays with your family

For children with more complex sensitivities, a change in routine during the holidays can be challenging - travel and being out of their comfort zone can add to those challenges! Our speech and language specialists have compiled these tips for you to use during whichever holidays your family celebrates!

- Book-end your day with routine
- Bring soothing items such as a blanket or toy
- Plan a safe space where your child can decompress
- Self-regulating activities: bubbles, sensory bin, pom pom snow ball fight, play doh cookie cutters, drive to view lights, shape and color match puzzles
- Feeding:
 - Bring familiar items (plates, cups, utensils)
 - Allow child to get involved in holiday meal (touch, see food on plate) without asking them to eat it

FAST FACTS

01

AIRPLANE TRAVEL + MASKS

- Bring weighted blanket + chewies necklace to prevent ears from popping
- Allow child to use a pacifier under mask
- Mask exemption note from doctor
- Clear window over mouth

02

RESOURCES

- Holly Ridge Center website for seasonal songs & coloring pages: hollyridge.org
- Holly Ridge Center: virtual Santa



Visit our Facebook pages to view a comprehensive video discussing this topic