



RECIPE FOR SUCCESS

TITLE:

**HOW TO HAVE A HAPPY
THANKSGIVING IN THE
MIDST OF AUTISM.**

INGREDIENTS:

FLEXIBILITY

PATIENCE

EMPATHY/UNDERSTANDING

REALISTIC EXPECTATIONS

GRATITUDE

NOTES:

Before making your Thanksgiving plans, know your child, and respect their struggles and limitations. If your child has a difficult time with transitions, traveling may be especially difficult.

Take the extra time to plan ahead for the things you can anticipate.

INSTRUCTIONS:

If you're hosting dinner, be sure to let your child know who is coming and when.

Give your child permission to have alone/downtime when needed.

If you're visiting someone else, decide how long you'll stay so your child can rely on the time.

Ask your host if they can provide a "safe place" for your child to hang out if they need sensory down time.

Bring items that will help your child self-soothe (headphones, iPad, fidgets)

Consider hiring help to shadow your child so you can let your guard down.