



Christmas survival guide tips

While Christmas can be a very exciting and fun time for some, children and young people with additional needs can find the change in routine and increased social demands very stressful, rather than experiencing the joy others may expect.

When it comes to gift giving there is an expectation that children should want to give and receive gifts, however for a young person with special needs the idea of Christmas presents can create a lot of anxiety. They could want to know what the presents are before unwrapping them, to eliminate the anticipation of surprise. Or they may not want their Christmas presents to be wrapped up at all.

These ideas may not be deemed traditional, however these adjustments could make your child or young person cope better with the occasion, allowing the whole family to have a more enjoyable Christmas experience.

Remove the anticipation of surprise

While some children may love surprises, if you know your young person has difficulties with the unknown, it would be beneficial removing the element of surprise from their Christmas presents. Ideas for doing so include leaving presents unwrapped and putting them in a gift bag, showing your child their gifts before wrapping them up, or popping a picture of the present on the gift tag so they know what it is they are opening.

Stagger the opening of presents

Being faced with a large number of gifts on Christmas morning can be overwhelming for a child with additional needs. If they struggle with the amount of presents they are being faced with, stagger opening them over the course of a couple of days. If you find this infuriates their siblings, don't stop their brother or sister from opening their gifts all in one go. Find a method that works for all the family, even if that means each child does things differently. You could ask relatives to limit the number of gifts they are buying – one special gift could be preferable to a lot of smaller gifts, as it reduces the number of presents they are faced with opening.

Provide friends and relatives with gift ideas

It can be a struggle suggesting gift ideas for relatives and friends if your child or young person doesn't have an interest in toys or games.



Parents can sometimes feel pressured into making suggestions that their child may not necessarily like, as others can't understand why they wouldn't want a particular toy that other children of their age are interested in. In order to get around this, we would suggest making a list of specific gift ideas, and if questioned by a relative or friend explain that these are the things your child will get the most enjoyment from even if they may seem like unusual choices.

If you don't feel confident broaching this subject in person, you could look at creating an Amazon Wishlist online. You can then email or message a link to the wish list, rather than having to provide a handwritten list in person.

Ensure the gift is ready to go

When buying presents for your child, ensure that they are ready to be used from the moment they are given to them. This could involve some preparation beforehand; removing the packaging, sorting batteries if required, and making sure the toy is built. All this could contribute to preventing your young person from becoming frustrated and losing control.





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Information Sheet No.1

Supporting your child with their Social Understanding

For children and young people with additional needs, social cues and expectations can be confusing at the best of times. Throw in a fortnight of festivities and increased social demands, and your young person could feel completely thrown by all of the change. It is important to prepare them for every stage of Christmas as much as you can, to ensure they are not thrown by social situations.

Gift giving and receiving can be a particularly tricky affair for individuals. They may not understand the social expectations that others seem to naturally pick

up along the way. When faced with a present they don't particularly like, they might not be aware that it is polite to say thank you, even if it is a gift they won't use. In order to avoid the awkwardness of your child saying they dislike a gift, we recommend working with your young person to help prepare them for the events ahead. Social Stories are a great way to help explain a situation that they don't fully understand. Here at SNAP we have written our own Social Story on Getting Gifts. (See below.) You may want to use this social story with your child to help explain the social expectations when receiving gifts.

Getting Gifts Social Story

- Sometimes people give me gifts.
- I may get gifts because it is Christmas, my birthday or for another reason.
- When I get a gift, I should say "thank you".
- When I say "thank you", the other person will feel happy.
- When it is time to open the gift, I can unwrap it or take it out of the bag.
- Sometimes I may not like the gift, but I should still smile and say "thank you".
- When I smile and say "thank you", the other person will feel happy. After I say "thank you" it is okay to put away the gift until I want to use it.
- If I decide not to use the gift at all, that is okay too.
- When I get gifts I will try to remember to smile and say "thank you".

'Thank you!'





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Information Sheet No.1

Choosing Toys for Children with Disabilities

It is often difficult to choose a toy for a child with a special need or disability. It is important to buy something appropriate, but also fun and stimulating. The following considerations may help when buying toys for children with disabilities:

- Multisensory appeal – does the toy respond with lights, sounds or movement? Are there contrasting colours? Does it have a scent? Is there texture?
- Sensory considerations – bear in mind any sensory difficulties the child may have when assessing the suitability of the toy. Is the child particularly sensitive to flashing lights, sudden noises etc?
- Method of activation – will the toy respond with lights, sounds or movement? What is the force required to activate? What are the number and complexity of steps required to activate?
- Where will the toy be used – can the toy be used in a variety of positions such as side-lying or on a wheelchair tray? Will the toy be easy to store? Is there space in the home?
- Opportunities for success – can play be open-ended with no definite right or wrong way? Is it adaptable to the child's individual style, ability and pace?
- Current popularity – is it a toy that any child would like? Does it tie-in with other activities like TV, films, books, clothing etc?
- Self-expression – does the toy allow for creativity, uniqueness, and choice making? Will it give the child experience with a variety of media?
- Adjustability – does it have adjustable height, sound volume, speed, level of difficulty?
- Child's individual characteristics – does the toy provide activities that reflect both developmental and chronological ages? Does it reflect the child's interests and age?
- Safety and durability – consider the child's size and strength in relation to the toy's durability. Is the toy and its parts sized appropriately? Does the toy have moisture resistance? Can it be washed and cleaned?
- Potential for interaction – will the child be an active participant during use? Will the toy encourage social engagement with others?
- Ease of use – can the toy be played with independently? Will it require assistance from a helper?

Use this list to help you when looking at toys in shops and catalogues. The SNAP library has several specialist toy catalogues available for browsing and the SNAP Directory lists some specialist suppliers in the Equipment section.

Places to Source Specialist Gifts

If you're struggling to find suitable gift ideas for your child or young person, have a look through the links below for alternative organisations to source specialist presents from.



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Information Sheet No.1

Sensory Toy Ideas

Rompa: A Sensory Christmas

<https://www.rompa.com/sensory-christmas.html>

Sensory Toy Warehouse: Christmas Specials

<https://www.sensorytoywarehouse.com/christmas-specials?xpage=1&xoffset=1100>

Sensory Education: Christmas Sensory Gift Ideas

<https://www.cheapdisabilityaids.co.uk/explore-your-senses-33-c.asp>

Sense Toys: Christmas Guide Ideas

<https://www.sensetoys.com/>

Specialist Catalogues and Toy Collections

Fledglings Catalogue

<https://www.fledglings.org.uk/shop/by-category/toys-learning-resources>

**Special Needs Christmas Gift Guide from
'Have Wheelchair Will Travel'**

<https://havewheelchairwilltravel.net/christmas-gift-guidespecial-needs/#prettyPhoto>

<https://havewheelchairwilltravel.net/christmas-gift-guidespecial-needs/#prettyPhoto>

ToyLikeMe Collection

<http://www.toylikeme.org/toys/>



**"I stopped worrying about what other people think and do at Christmas.
Our family does what works for us now and we're all a lot happier for it."**

– Parent of a child with autism



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Information Sheet No.2

Decorations

Change for children with special needs can be somewhat of a struggle. When it comes to Christmas, expecting your child to accept their home environment being drastically different is a very big ask. In order to reduce the impact Christmas decorations have on your child or young person, preparation is crucial. Try to think about the tools you use with your child during everyday life. How could you apply these tools to Christmas to ensure things run as smoothly as possible?

Please see below a series of tips families have found useful when preparing their child for the changes that take place over the Christmas holidays.

Preparation Tips

Involve your child as much as possible, but only if you feel this would be beneficial. If your young person is someone who likes to be included in the process, you may want to let them choose some of the decorations you decide to have up in your home. Allowing them to have ownership over how the house is going to look will take away the element of surprise, and will help to eliminate some of their anxieties.

Show them photographs of previous years, as they may not remember how different the house looked. If you have any pictures or video footage of your young person with the decorations displayed in the background, these may help trigger their emotional memories.

Consider putting your decorations up gradually, in order to avoid overwhelming your child. If you have an artificial tree, think about bringing it in to your home a few days before decorating it. That way, your young person has time to process and adjust to the changes that are about to happen. Sometimes parents feel it's easier to put decorations up while their children aren't at home, although please bear in mind how unsettling it may be to return to an environment that looks completely different.

Equally, the decorations can be taken down in more gradual stages.

Use visual tools to help explain to your child that the Christmas tree won't be a permanent fixture in your family home. Consider introducing a Christmas Calendar, where you can clearly mark what's happening when, and countdown to each event. Does your young person know when the tree is being taken down? Are their anxieties heightened because they believe the decorations will be staying up forever? Things we may naturally know could be causing your child lots of worries.

Think about friends and family, and how they have their homes decorated.

When preparing your young person for the changes that are about to happen in your own home, don't forget to prepare them for how other people's homes are going to look too.





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Information Sheet No.2

Sensory Considerations for Christmas

When identifying what sensory issues could become apparent for your child over the Christmas period, think about looking at things from their perspective. Is their environment too loud or too quiet? Is the constant changing of the Christmas lights causing them considerable amounts of stress? Christmas can become chaotic at the best of times; however for a child with special needs, having their routine and

home environment changed so considerably can be extremely distressing. Consider how certain factors could be creating increased anxiety. Are the noise levels manageable? Do you feel the different smells are becoming a bit too much? Having a safe space to escape to could be the key to helping your child to cope over the Christmas period.

Christmas Free Zone

Keep in mind the confusion of Christmas could cause your child to become completely overwhelmed. Creating a room or space for them to go to, that has absolutely no reference to Christmas, could be extremely comforting for them. Allow your child the freedom to take themselves off to their Christmas Free Zone if they feel things are getting too much. If you don't feel a separate space is necessary, you could limit your decorations to one or two rooms, and ensure everywhere else remains the same.

If siblings are struggling with the thought of minimal decorations, consider letting them decorate their own bedrooms. That way you're giving everyone some ownership.





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Information Sheet No.3

Food

Food for Thought

If you're planning on introducing new foods, don't leave it until the last minute and expect your child to try things all at once. In the run up to Christmas, think about gradually incorporating different ingredients into their normal dinners to see how they get on. You could even put the food on a separate plate to their main meal, and give them the option of trying it if they want to. That way when it gets to Christmas Day and they're presented with a different dinner, they won't be completely confused by the new ingredients you have included.

Consider having them help choose the menu. If you're expecting your young person to have a traditional Christmas Dinner, why not offer to include some of their favourite foods too? Using visual tools, you could show your child what you are planning on serving and ask them if there are any additions they would like to be made to the menu. If expecting them to eat a roast dinner is going to be too difficult, how about making them a different dinner altogether? Try not to get pressurised in to serving something just because you feel you should.

Think through the length of time you're expecting to spend at the dinner table. Christmas dinner is traditionally all about sitting together at a table for a long, leisurely meal. This may be a huge challenge for a child who struggles to wait, sit for long, or cope with the social conversation. Perhaps think about your expectations and how you can make it easier for your child to manage.

If a sit down meal seems too stressful, why not have a buffet? Giving your child a choice over what food they eat could be really beneficial. By having a buffet, you are allowing them to have ownership over their Christmas Dinner. You could even incorporate some family favourites too. That way it isn't as noticeable if your child with additional needs chooses not to have the same foods as the rest of the family, which would work well if you have relatives visiting who aren't so understanding.



SNAP TOP TIP

Do what works well for you and your family. Don't feel pressurised in to cooking certain dishes, just because it's considered traditional.

Expecting your child to accept having their home environment changed over the Christmas Holidays can be a big ask, especially if they rely on routine. While they may have been well prepared for the display of decorations around the home, they may not be expecting the dinner table to look different too. If your child is used to using certain cutlery, make sure you stick with the same on Christmas Day. Having their food presented on a different plate could be the reason they decide not to eat dinner.

Too much sugar! Christmas goes hand in hand with over-indulgence and eating too much of the 'naughty' foods. Too many sweet foods and drinks may have an adverse affect on your child's behaviour. Try to pace them if you can, or time their sugar rush for a time when great-auntie isn't going to witness it and give an opinion on your parenting style!



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Information Sheet No.3

Spending Christmas away from the Family Home

If you've decided to spend the Christmas Holidays round a relatives or friends, make sure your young person is well prepared for the trip. Consider thinking about the following things:-

Seating – If you don't feel your child is going to be comfortable sitting at a table to eat their dinner, ask your relatives or friends if they can create a quiet space for them to sit separately. It would be good to broach this subject several weeks before the big day, so that there is plenty of time to sort the suggested adjustments.

Cutlery – As mentioned above, if your young person likes to eat their meals using certain cutlery, consider taking this with you. You could prepare a bag with all the essentials in to

make your child feel as comfortable as possible.

Choice of Food – It would be good to check exactly what food is being served well in advance. If you feel the choices on offer aren't going to be to your child's taste, suggest taking something for them that can be heated up quickly in the oven. By doing so, you could avoid the awkwardness of your child saying they don't like the food that has been offered to them.

Time – If your young person is struggling with the thought of spending Christmas Day at a different house, let them know a time you are going to be leaving and try to stick to it. If they know exactly what time they will be going back home again, this should minimise their anxieties around the day.





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If your child is a particularly anxious person, having them well prepared for the activities and events that are going to be happening over Christmas is critical. Consider which resources you currently use to support your young person with managing their daily routine. How can you apply these trusted methods to make Christmas as comfortable as possible?

Below is a selection of tips parents have used, to make the holidays more manageable for all the family.

Preparation Tips

Use a Christmas Calendar or Visual Timetable to clearly display which activities and events are happening and when.

Talk through the timetable with your child to check they are aware of the upcoming events, ensuring they understand there are going to be some changes to their normal daily routine. Consider showing your child photographs of the places you are going to, so they are prepared for what to expect when they are there. Giving them as much information as possible in the lead up to the event could reduce their concerns considerably.

Keep their routine the same for as long as possible.

If your child likes their days to be structured, make sure you maintain this as much as you can over Christmas. For example, you may feel pressurised into letting them stay up later as it's the school holidays, however this could really throw your young person and leave them tired and confused.

Consider speaking with your child's school, to see if they can use the same strategies as you.

When you decide to start preparing your young person for

Christmas, make sure everyone else is on board too. The normal school routine is always abandoned in the close run up to Christmas and most children love the different and exciting festive activities, but for children with additional needs this can be a difficult and stressful change. See if the school would consider creating a visual timetable or calendar to have up in the classroom, so that your child can be prepared for the changes that are happening in school as well as at home.

Allow for Christmas Free time.

Over the Christmas period, there are lots of added expectations. If you feel your child is becoming overwhelmed, consider factoring in time for them to be away from the festivities. Celebrate all successes, no matter how small, and try not to dwell on the situations where your child may have struggled.



Please find links below to useful visual resources:

<http://www.twinkl.co.uk/resource/t-s-2916-new-christmas-activities-for-school-visual-timetable>

<http://www.sparklebox.co.uk/special-needs/visual-timetable/#.Whbg7XnFKUK>

<https://www.makaton.org/shop/shopping/browseStore/FreeChristmasResources>





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Activities to access over the Christmas holidays: The below organisations are offering clubs and activities to access during the school Christmas holidays.

ZINC is holding a Christmas Craft Workshop on Thursday 21st December between 1:30pm and 4:00pm. The theme for the workshop is 3D Christmas and your child or young person will have the opportunity to plan and produce a Christmas themed model to take home. For more information visit:

www.zincarts.org.uk/event/christmas-artytastic/2017-12-21.

InterAct will be running several festive activities throughout the month of December. You can find more details at: <http://www.interact.org.uk/calendar/month/2017/12/>.

BOSP have released details of their December Holiday Club.

You can find more information here: <http://www.bosp.co.uk/community/bosp-brighter-opportunities-through-supported-play-13333/activity-schedules/>

Grangewaters Outdoor Education Centre is hosting a selection of festive outdoor activities to be accessed by families over the Christmas period. Activities include a Christmas Tree Trail and Wreath Making. For more information call **01708 855228**.

Essex Mums have produced a Festive Fun page, listing activities you can access in the Essex area over Christmas. For more information head to: <http://www.essexmums.com/seasonal/festive-fun/>.

Relaxed Performances

A Relaxed Performance is designed to make the theatre experience more comfortable for children and young people with additional needs. Changes may be made to the lighting or sound, and there can be an increased capacity for wheelchair users. During relaxed performances, if a child is struggling, they are able to leave the theatre and re-enter as they please.

Narnia, Brentwood Theatre – Tuesday 19th December 2017 at 6:00pm.

<http://www.brentwood-theatre.co.uk/brentwood-theatre-company/relaxed-performance/>

Box Office: 01277 200305

Beauty and the Beast, Thameside Theatre Thurrock – Monday 18th December 2017 at 6:30pm.

<https://www.thurrock.gov.uk/thameside-theatre>

Box Office: 0345 300 5264

Aladdin, Towngate Theatre Basildon – Tuesday 19th December 2017 at 5:30pm.

<http://www.towngatetheatre.co.uk>

Box Office: 01268 465465

Snow White and the Seven Dwarfs, Civic Theatre Chelmsford – Civic Theatre in Chelmsford are holding a Captioned Performance on Thursday 28th December 2017 at 2:00pm, and a Signed Performance on Friday 29th December 2017 at 2:00pm.

<https://www.chelmsford.gov.uk/theatres>

Box Office: 01245 606505

Snow White and the Seven Dwarfs, Mercury Theatre Colchester – Thursday 4th January 2018 at 7:00pm, and Saturday 6th January 2018 at 12:00pm.

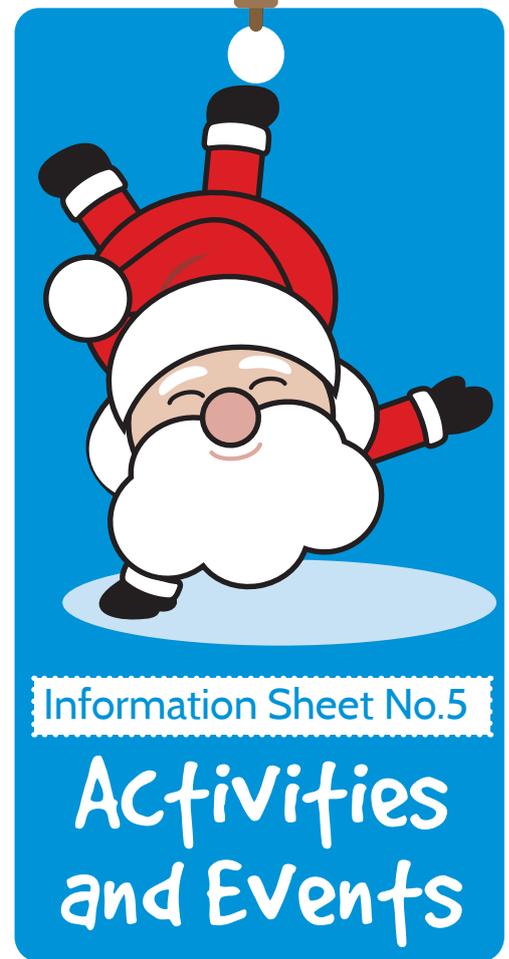
<https://www.mercurytheatre.co.uk/event/snowwhite>

Box Office: 01206 577006

Jack and the Beanstalk, Cliffs Pavilion Southend – Friday 5th January 2018 at 2:15pm.

<https://southendtheatres.org.uk/Online/>

Box Office: 01702 351135





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Information Sheet No.5



Sensory Christmas Activities

If your child or young person is overwhelmed by the thought of accessing clubs and events over the festive holidays, why not try sorting some activities for them to try at home? Produced by the company Twinkl, below is a link to a selection of Sensory Christmas Activities you could consider incorporating into your child's Christmas routine. When looking for sensory activities on the Twinkl website, make sure to type Sensory Christmas in to the search bar.

Please be aware there is a subscription charge to access all of the resources produced by Twinkl. We would suggest asking your child's school if they are subscribed to their services as they may be able to share some of the resources with you. <http://www.twinkl.co.uk/search>

Santa's Grottos

Below is a selection of Santa's Grottos and Christmas Events that can be accessed in the Essex area. We have recommended some specific experiences based on their accessibility and sessions for children with additional needs, however you can find a wider selection of Santa's Grottos on Essex Mum's Festive Fun page. <http://www.essexmums.com/seasonal/christmas-meet-father-christmas/>

Fully accessible Christmas Grotto Experiences:

The Father Christmas Experience at Marsh Farm

Marsh Farm has a Father Christmas Experience on throughout the month of December that can be accessed by all the family. They have good accessible facilities including a Changing Places room, and accompanying carers are able to go in for free. Call 01245 321552 to book. <https://www.marshfarm.co.uk/events/father-christmas-experience/>

Santa's Grotto and Skate at Bluewater

Bluewater Shopping Centre is offering a Santa and Skate experience located by the lakes at the West Village. The grotto is fully wheelchair accessible and wheelchair users are also able to go on to the ice. When booking online,

make sure you mention your child's additional needs in the comments box so that staff are aware, and can make adjustments if necessary. <http://admiticket.com/bluewater>

Relaxed Grotto Experience FROST Grotto Chelmsford

The FROST pop up grotto experience is holding relaxed grotto sessions on Thursday 14th December. There will be a relaxed atmosphere with no queueing, no music or loud noises, sensory additions, and specially trained staff. For more information on how to book, email info@sshhevents.com. We have put further details on our SNAP Information Network.

<http://www.snapcharity.org/images/InformationNetwork/2017/November/frostrelaxedgrotto.pdf>



The contacts and links given via this SNAP information sheet have been shared as a starting point for your own research. We believe the information to be genuine and correct at the time of publishing, however no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by SNAP.



Christmas survival guide tips

Here at SNAP we have researched and compiled a selection of Makaton, Braille and BSL resources, tips and ideas that you may find useful over the Christmas holidays.

Makaton

Christmas Signs and Symbols

Makaton has produced a free Christmas Vocabulary resource for families to download directly off the website. The document includes a selection of key Christmas vocabulary, and they have also provided links to other useful Makaton resource books as well. To download your free copy, go to the web address below.

<https://www.makaton.org/shop/shopping/freeDownloadDetails/Christmas-vocabulary/>

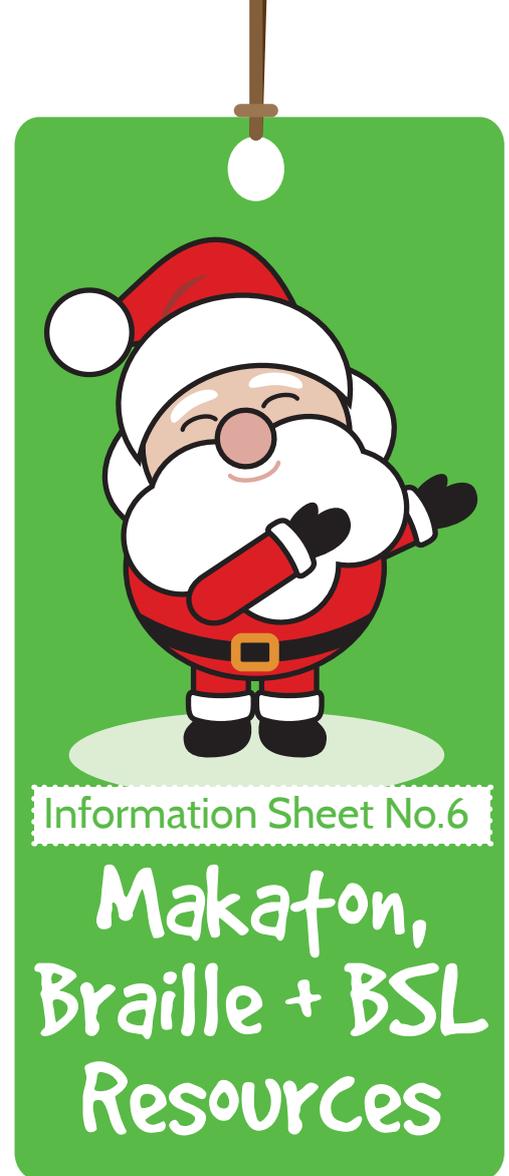
Christmas Carols

If you are looking for Christmas Carol resources, Makaton has produced a selection of books and information sheets that contain both words and drawings of signs. The carols featured include Away in a Manger, We Wish You a Merry Christmas, and more. There is a charge for both the books and information sheets. For details on costs and how to order, go to:

<https://www.makaton.org/shop/shopping/browseStore/Christmas-carols>.

Makaton: A First Christmas Story Book

Makaton has produced a Christmas Story printable resource, which includes all the signs and symbols required to help talk to your child about the Christmas Nativity Story. There is a small charge to download the resource. For more details visit: <https://www.makaton.org/shop/shopping/stockDetails/TheFirstChristmasStory>.



If you are looking for free, printable Christmas activities to complete with your child over the school holidays, Makaton has produced a selection of templates for you to try including: Make Your Own Christmas Cards, Decorate the Christmas Tree, and The Christmas Memory Game. To download your copies, go to: <https://www.makaton.org/shop/shopping/browseStore/Free-Christmas-resources>.



Christmas survival guide tips

Information Sheet No.6

British Sign Language

Christmas Books

Deaf Books has produced a selection of Christmas books that include British Sign Language within them. The different books they can provide include: BSL Christmas Signs Flashcards, BSL Christmas Songs with Signs, and a selection of specific Christmas songs. Head to the link below for more details. <http://www.deafbooks.co.uk/searchresults.aspx?searchterm=christmas>.

BSL Christmas Resources & Activities

The company Twinkl provide a variety of British Sign Language Christmas resources, which can be looked at online. In order to download the

resources, there is a subscription fee required. Resources include BSL Christmas Songs, BSL Christmas Card Activities, BSL Christmas Signs, and more. If you would like to learn more about the products Twinkl produce, go to: <http://www.twinkl.co.uk/search> and type in BSL Christmas.

Signed Stories App

Available on the itunes Store for Apple devices, the Signed Stories app has best-selling children's books performed in British Sign Language including several Christmas themed books. The app is free to download and there is a charge for the books.

Braille

Letters from Santa

Santa has contacted his friends at the Royal National Institute for the Blind to help him reply to blind or partially-sighted children in braille, audio or large print. See the website for more details. <http://www.rnib.org.uk/information-everyday-living/family-friends-and-carers/resources-parents-blind-or-partially-sighted/letter-santa>.

If you are struggling to find suitable gifts for a child or young person who is blind or partially sighted, Braille Works has produced a gift guide according to age range that you may find helpful. <https://brailleworks.com/christmas-gifts-for-children-with-blindness/>



Christmas survival guide tips

When trying to keep your children entertained in the run up to Christmas, you may find yourself looking for festive apps to keep them amused. The website **A Day in Our Shoes** has produced a list of 20 fun, educational, Christmas apps for children and young people with additional needs. Included in the recommended list are apps that work on vocabulary building, picture identification, and much more.

Click on the link below for more information.

<https://adayinourshoes.com/fun-educational-special-needs-christmas-apps-for-autism/>

Festive Apps for all the Family

See below a selection of suggested Christmas apps that can be accessed by all the family.



Santa's Christmas Village has a variety of activities to be enjoyed over the festive holidays. Complete with seasonal pictures, festive songs, and fun activities, this app is sure to keep children amused.



Free Christmas Songs Music Tree is an app filled with festive music for you all to play. With over 200 Christmas songs to choose from, there's sure to be something for everyone to enjoy.



Toca Hair Salon – Christmas Gift gives you the opportunity to cut, colour and style Santa's hair and beard. This special Christmas Edition allows you to choose between styling Santa and creating a Christmas Tree. The app is free to download, and is available for Apple devices only.



The Snowman and The Snowdog Game offers you the chance to play alone or with friends, as you soar above significant landmarks from the film catching as many snowflakes as you can. The app costs £1.99 to download.



Christmas Tree allows you to decorate your very own Christmas Tree with a variety of different ornaments. There are calming sound effects and different festive backdrops to choose from. The app is free to download, and allows you to decorate several trees at a time, so all the family can get involved.



Christmas Countdown tells you how many days, hours, minutes and seconds there are left until Christmas Day. You can choose from 6 different Christmas characters to keep you company on the countdown.

Sensory Apps

Sensory Apphouse has produced a range of sensory apps that have been designed to help with relaxation, developing communication, and stimulation. All of their apps are switch accessible and can be accessed by Apple and Android users.

For more information about the apps they offer and where to download them, click on the link below. <https://www.sensoryapphouse.com/>

Other Sensory Apps include: Fun Bubbles, Fluidity, Light Box, Art of Glow, and iLoveFireworks.





Christmas survival guide tips

Information Sheet No.7

Internet and Social Media Safety

At The SNAP Centre and on the SNAP helpline we are often asked for help with this particular issue. Increasingly, children and young people are learning, playing and socialising using online resources. Parents are often 'left behind' as technology advances and consoles, mobile phones, tablets and computers are upgraded. New Apps, software, online games and social media platforms are introduced frequently and it is difficult for parents to ensure they are fully protecting their vulnerable young person from potential hazards and negative experiences online.

With technology devices being top of the list for things to buy children and young people for Christmas, SNAP has gathered some information sources and websites that offer tips and guidance to help navigate this tricky topic.

www.saferinternet.org.uk - This website has a section for parents and carers giving e-safety tips, advice and resources to help children and young people stay safe on the Internet.

www.childnet.com - The parents section on this website gives all the information you need to keep your child safe online. If you're puzzled by parental controls or would like to know more about gaming, this section can help. There are useful tips to keep up to speed with what young people are doing online and ways to keep your child safe.

www.internetmatters.org - Advice and simple things you can do to make sure your children are using the Internet safely, from pre-school to teens.

www.connectsafely.org/safety-tips-advice/ - Tips and advice on all aspects of online activity, with parent guides on topics such as cyberbullying, Snapchat, mobile phones, cyber security and Virtual World Safety Tips for Parents of Teens.

Learning Disabilities, Autism and Internet Safety: A

Parent's Guide - The charity Cerebra has produced a useful guide on all aspects of Internet safety for parents of children and young people with learning disabilities and autism. There is also a sheet called Play IT Safe, with tips when using the Internet on computer and mobile phone.

<http://w3.cerebra.org.uk/help-and-information/guides-for-parents/learning-disabilities-autism-and-internet-safety-a-parents-guide/>

If you would a link to our full SNAP Internet and Social Media Safety sheet let us know.

SNAP TOP TIP

★ If friends and relatives are struggling with gift ideas for your children, why not suggest an itunes voucher so they can purchase any apps they may like. ★



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Information Sheet No.8

Parent Tips

"I think the most beneficial thing that I have learnt over the years is to remain **CALM** and remember that Christmas only lasts a few days. If a situation becomes too much, I make sure to remove myself and take a few minutes to gather my thoughts before reacting."

"Something that has really helped us over the Christmas holidays is making time to **RELAX**. There are so many different activities and events going on, it is easy to agree to everything and become overwhelmed. Not to mention the expense of it all. I have learnt that it is okay to say no if things are becoming too much. Christmas free time is really crucial for us as a family."

"A big turning point for us was taking the element of **SURPRISE** out of Christmas. We no longer wrap our son's presents as the stress of the unknown really heightens his anxiety. The same applies to putting up the decorations. We will always allow him to be involved if he wishes, and will give him plenty of warning as to when they are going up, and also when they are being put away."

"It has taken me many years to master, but I have now given up worrying about what other people are doing over Christmas and have started focusing on what **MAKES IT WORK FOR US** as a family. Relatives who aren't so understanding will always question our decisions, but I have learnt to let these comments go."

"We have found several key **STRATEGIES** that seem to work really well for us over the Christmas holidays. Keeping things as "normal" as possible really helps make things more comfortable for our child. If we are eating out anywhere we will always take her preferred cutlery with us, and we've always got a bag of favourite things on hand to keep her happy when we are visiting friends or relatives."

"Asking for **HELP** has always been something I have struggled with which is why I have found online support so beneficial. I have joined some great support groups on Facebook that I can access anytime I may need some extra help over the Christmas break. It is also nice knowing that you are not alone, and that a lot of struggles you may be experiencing others have also gone through themselves."

"I have learnt along the way that **INTRODUCING THINGS GRADUALLY** and letting my son do things when he is ready works much better as it makes Christmas less overwhelming for him. We leave his presents under the tree and let him go to them when he is ready – Sometimes this can take days. To start with we did find it upsetting, but we have learnt to accept that these are the adjustments we need to make in order for Christmas to be more manageable for him."

"When I first heard about the idea of using a visual **TIMETABLE** I wasn't sure how successful it would be for our family, however after giving it a try a couple of years ago it is now such a crucial part of our Christmas. I find we need it more so once Christmas is over, as my daughter really struggles with the festivities being over and things going back to normal. It is also a great way of preparing her for what will be happening when. It certainly reduces her anxiety."

"I think the hardest but most liberating part for me was **ACCEPTING** Christmas wasn't going to be quite as I wanted it to be. It took me a long time to get there, but I now accept that we do things slightly different to others, and that that is okay. It is still enjoyable, which is all that matters to us."