



# HOLIDAYS

## MAKING THINGS EASIER

### Change the Plan

- Keep visits short. Consider arriving late or leaving early to have quality time.
- Celebrate in smaller pieces across different days.
- Skip activities that are hardest for your child right now. You can always revisit as skills build.
- Choose familiar settings whenever possible.
- Let yourself cancel if your child is overwhelmed or having a hard time. Your real supporters will understand.

### Comfort First

- The familiar can be soothing. Bring favorite toys, snacks, or comfort items you know your child will like.
- Identify a quiet space for breaks or downtime at the place you are going.
- Stick to regular sleep and meal routines when you can.
- Let your child observe instead of pressuring them to participate.
- Have an exit plan if things become too intense.

### Share the Plan

- Share your expectations with event hosts ahead of time when possible.
- State it simply: "Short visits work best for us right now."
- Ask for specific help if needed (holding, watching, stepping outside).
- Let family know plans may change at the last minute. That you need to be flexible to support your child.
- Protecting your child's comfort is more important than traditions.

### About Early Start Together

We help parents of infants and toddlers with delays and disabilities find resources and build community. Exceptional Family Resource Center (EFRC) offers free services to parents through all ages and stages, birth through adult.

**CONTACT: SHASSANI@SDSU.EDU**

We are happy to help you with your specific questions and situation.



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Find Us Online  
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