

### Tips for Making the Holidays Less Stressful

The holidays can be a stressful time for everyone, but if you have a child with autism, it can be even more stressful. Changes in routine, traveling, visitors, strange foods, and gift giving and getting are some of the many extra stressors that can negatively impact your holiday season. But with the right tools, these holiday-related stressors don't have to be so stressful. We are happy to share a "preparation for the holidays" presentation, tips for eating out, and some helpful resources that can help make your holidays a little more merry and a little less scary. Happy holidays!

Making the Most of your Holidays: The Prime-Time-Show (46 minute video) Presenter: Cathy Zenko

<http://card.ufl.edu/2014/12/22/lunch-chat-3-holidays>

Holiday Do's and Don'ts for Children on the Autism Spectrum: Planning for Santa, Gifts and Parties from the [National Lekotek Center's AblePlay](#) Program

<https://ableplay.wordpress.com/.../holiday-dos-and-donts-for.../>

### Tips for Eating Out

<https://com-psychiatry-card.sites.medinfo.ufl.edu/.../Tips-fo...>

10 Holiday Tips for Families of Kids with Special Health Needs from CBS News

<http://www.cbsnews.com/.../holiday-tips-for-families-special.../>

Holidays: Strategies for Success Tipsheet for Families from the [Florida Center for Inclusive Communities - FCIC](#)

[http://flfcic.fmhi.usf.edu/.../TACSEI\\_MakingLifeEasier\\_Holida...](http://flfcic.fmhi.usf.edu/.../TACSEI_MakingLifeEasier_Holida...)

Visiting Santa Tags for Children/Young Adults Who Use Non-Verbal Communication from [CARD-USF](#)

<https://gallery.mailchimp.com/.../391343cc-a83f-48b0-8bf9-d4d...>

Helping Families Prepare for Changes in Routines: From Community Outings to Managing Holiday Challenges (Free Webinar) from [Autism Navigator](#) for Early Intervention Providers – Knowledge and Skills series

Tuesday, December 20, 2016

12:00 to 1:00 pm ET

<http://bit.ly/2hPd7IE>