

*Wishing you all the best this Christmas and a
wondrous New Year...*

*From all the staff and management at the NWR
FASD Society!!*

Noel



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**A little more sparkle,
a little less stress.**



**This Christmas, I wish
you the very best.**



Inspirational Christmas Messages © AllWording.com

Christmas Newsletter 2022

Managing Sensory Overload this Christmas!

As we prepare for the holidays, and all that entails, we must remember our sensory sensitive loved ones and how it affects them.

Smells at Christmas can be strong; sounds can be too loud and lights can be too bright.

Be prepared. Know what works and what doesn't work. Front load and make a plan outlining what to do if they get overwhelmed.

Routine allows for predictability. Safety plans outline what to do when things happen that are not expected.

Allocate a quiet space or place when sights and sounds become overwhelming.

It is ok to leave events early if needed.

Bring an iPad or tablet and headphones if your loved one uses them. This may be helpful to keep them busy and avoid most noise.

Allow time for sensory breaks and exercise.

Plan for alternate food choices, rather than just the traditional makings.

When you have someone that has a sensory processing deficit, be understanding!