

Merry Christmas!

Keeping Christmas Fun for the Whole family!

Christmas festivities no longer have to be packed into one day. Joining in with family and friends can be difficult for some families who are all too familiar with the sensory and other triggers that families may go through but it is still important to stay connected.

Here are some suggestions to try;

- * **If crowds, noise and smells are triggers, plan an activity during concerts that will work for your child**
- * **For activities such as shopping or Christmas parties, plan to get a sitter. If you are unable to get a sitter, browse stores during quieter times and when your child is calmest, such as after a nap or a meal. Or shop online.**
- * **If gift giving is a part of your tradition, inform family and friends what gifts or goodies work best for your child (i.e. without red dye). Remember, as much as we want to surprise our children at Christmas, the unknown is scary for many individuals impacted with FASD**
- * **Santa visits are not mandatory. This can be a scary event for children impacted with FASD because reality and fantasy come together in Santa Claus.**
- * **Family gatherings can be overwhelming for a child or adult impacted with FASD. They are noisy, busy and unpredictable. Short visits to family gatherings or having family visit you over a course of a few weeks may be some strategies to use to minimize meltdowns. If possible, get a sitter for the child and attend with those not impacted with FASD.**
- * **If the child/adult living with FASD has to attend the family gathering, prepare in advance for an opportunity for quiet time or bring activities that soothe them at home. Also let them know how long they will be expected to stay. If you have support within your family, plan ahead to have them oversee/entertain the child/adult at a certain period to give you a time to focus on visiting as well.**
- * **Meals may be impacted by sensory issues such as taste, texture and smell. Provide opportunity for one other dish or a prepared meal that is a favorite of the individuals with FASD, just in case. Avoid battling over food as the memory of the Christmas meal may not be something you want to remember.**

You know your loved one best, accommodate when possible.

Noel!



CHRISTMAS HAPPENINGS:

MACKENZIE CROSSROADS MUSEUM

DECEMBER 7, 2019 1:00-4:00 PM

**FREE WINTER FUN; SKIDOO & SLEIGH RIDES, COLOURING CORNER, MAPLE TAFFY HUT, OUTDOOR ACTIVITIES
SNACKS & BEVERAGES**



High Level Native Friendship Centre

Christmas Dinner will be held at the Spirit of the North Community School

December 9, 2019, 5:30-7:00pm

Round dance to follow

HIGH LEVEL SANTA CLAUSE PARADE

STARTS AT 4:30 PM

FIREWORKS AT 6:30 PM

DECEMBER 7, 2019



Christmas Bazaar!!

December 7, 2019 from 10:00-3:00pm

At Florence MacDougall School

All Support Group Meetings for December will be postponed until the new year. We want everyone to enjoy this Christmas Season with family and friends :)

