

HOLIDAY REGULATION

Checklist

1 Prep your child for the event

Prep your child before events by telling them where you're going, who will be there, how long you'll stay, and what to expect so the day feels predictable instead of overwhelming. Use a social story or visual schedule.

2 Pack a sensory "go bag"

Build in sensory breaks before they're needed, such as a quiet moment outside, deep pressure squeezes, heavy work, or noise-reducing headphones, to help prevent overload instead of reacting after it happens.

3 Plan sensory breaks

Create a safe space at home or wherever you're traveling, like a calm corner with a blanket, books, or fidgets, so your child always has a place to reset when things feel too big.

4 Maintain sleep & snack routines

Keep meals, snacks, and sleep routines as consistent as possible, because hunger and fatigue can quickly lead to meltdowns and sensory challenges.

5 Support picky eating

Support picky eaters without pressure by offering at least one safe food, allowing them to explore new foods at their own pace, and modeling calm eating rather than insisting they try everything.

6 Build connection moments

Give choices throughout the day – like where to sit, what to bring, or how long to stay – so your child feels a sense of control and independence during busy holiday activities.

7 Have an exit plan

Focus on connection above everything else, using a calm voice, gentle presence, hugs, and simple reassurance, because your relationship with your child is the strongest tool for helping them regulate.