



Christmas Strategies

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This animation gives the viewer a glimpse into sensory overload, and how often our sensory experiences intertwine in everyday life.

Make a list of what your child finds difficult

- noises
- smells
- crowds
- lights

How can you avoid those situations?

How can you help your child prepare?



Maintain routines as much as possible



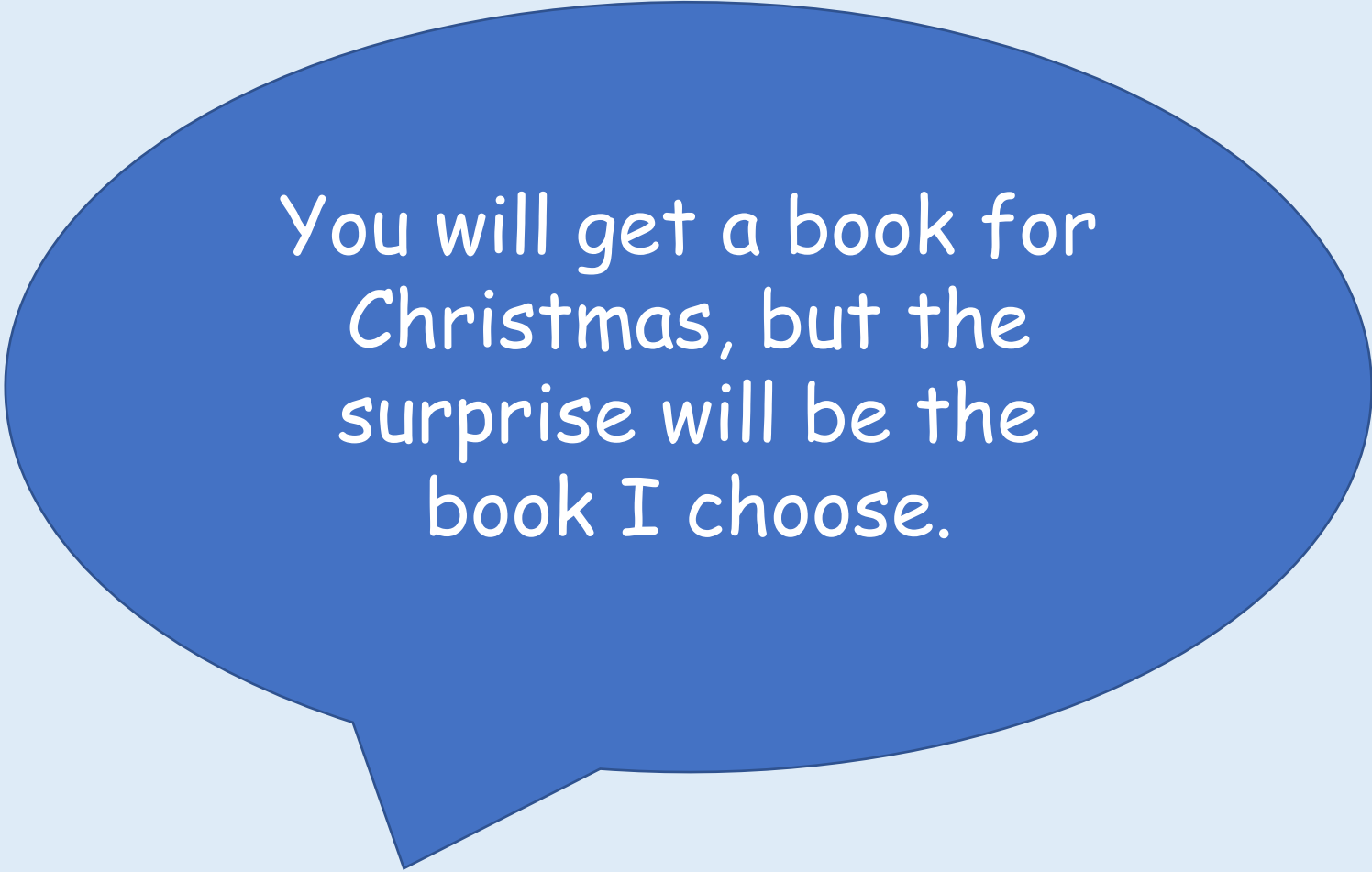
Plan for upcoming events



Decorate gradually



Prepare them for gifts



You will get a book for
Christmas, but the
surprise will be the
book I choose.

Create a safe space



Be conscious of sounds and smells



Prep family prior to events



Give children responsibilities



Look after your own wellbeing

