



Tips for holidays



Every family is unique

These are general tips that each family should choose and adapt to their needs and parenting styles



1. Planning and structuring time

PLAN THE VACATION PERIOD IN A SCHEDULE IN WHICH IT IS IDEAL TO ESTABLISH ROUTINES AND INCLUDE A COUPLE OF DIFFERENT ACTIVITIES FOR EACH DAY OF THE WEEK SO THAT WE DO NOT FALL INTO BOREDOM.

How to do it?

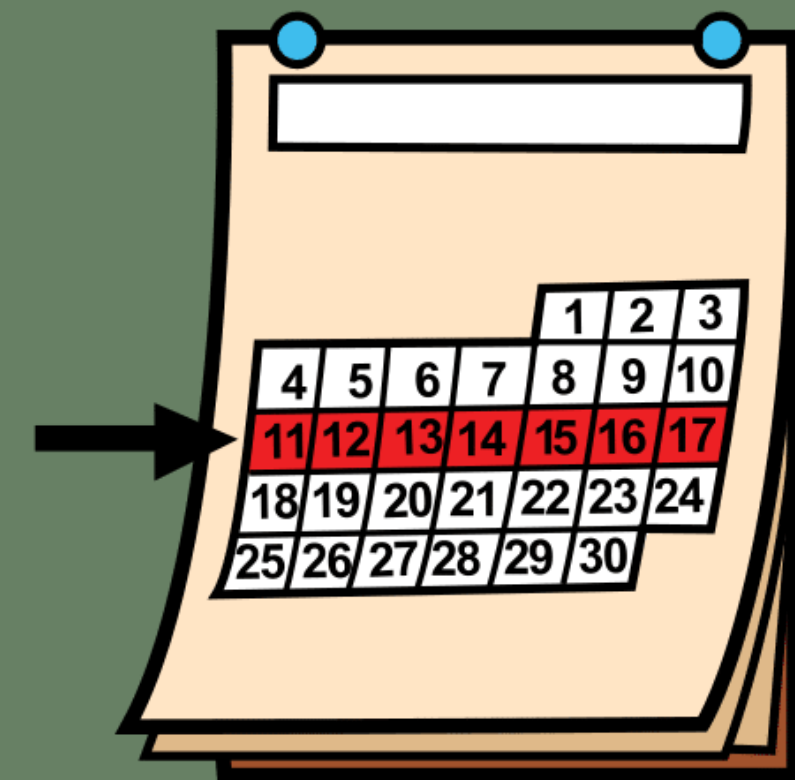
Painting

Visual agendas with pictograms

<https://arasaac.org>

Apps

PictogramAgenda o ModelMeKids APP



2. Anticipate new activities

IT IS IMPORTANT TO PREPARE OUR CHILDREN FOR NEW SITUATIONS BY PROMOTING UNDERSTANDING AND CREATING PREDICTABLE ENVIRONMENTS.

How to do it?

Showing photos of new people or places

Social stories through pictograms, drawings or apps.

Social Stories App

Videos of places or new people

- **Simple and concrete language**



3. Participate in day-to-day activities.

THIS WILL HELP THEM FEEL MORE SELF-EFFICIENT AND INVOLVED IN HOUSEHOLD ROUTINES.

How to do it?

Provide autonomy in activities such as dressing, hygiene, feeding and adequate support.

Involve him/her in household tasks such as setting the table, putting clothes away, putting clothes in the washing machine and hanging clothes, always with the necessary adjustments.

Take the opportunity to teach new skills such as cooking, making the bed, among others.



4. Do not forget to move

IT IS IMPORTANT TO PLAN PHYSICAL ACTIVITIES BOTH OUTDOORS AND INDOORS.

How to do it?

Start the day with activities that are more active (park, garden, hide-and-seek, playing with balls).

Finish the day with calmer activities (board games, massages, music, TV).

IMPORTANT: Control the time spent with technology, as excessive use can lead to behavioral problems.



5. FOOD

WE MUST CONTROL THE SUGARS THAT MAKE CHILDREN MORE NERVOUS.

How to do it?

Limit sugary foods in the morning or midday.

Have alternatives such as fruits or other foods that are also to your liking.



6. Sleep

WITH LESS ROUTINES AND THE ARRIVAL OF CELEBRATIONS, SCHEDULES MAY CHANGE, BUT WE MUST TAKE INTO ACCOUNT THE TOTAL HOURS OF SLEEP.

How to do it?

Establish a fixed bedtime

Avoid watching TV or playing loud games before bedtime.

Quiet room, pleasant temperature and soft light.



7. Individuals games

WITH THE ARRIVAL OF SANTA CLAUS COMES NEW TOYS WITH WHICH THE CHILD CAN ENTERTAIN HIMSELF.

How to do it?

Teach him how to play with new toys

Make sure toys are appropriate for their developmental age.

Games that have a beginning and an end



8. Shared games

WE HAVE MORE TIME TO PLAY WITH OUR CHILDREN AND TO PROMOTE THEIR LEARNING AND DEVELOPMENT.

How to do it?

Choose more challenging games and teach them how to play them.

Encourage the acquisition of new skills (cognitive, physical or communicative).

Functional games with a beginning and an end



CHALLENGES FOR A FAMILY



TEMPER TANTRUM

WITH THE ARRIVAL OF THE DAY OF HOLIDAYS, WHEN ROUTINES CHANGE, CHILDREN MAY EXPERIENCE BEHAVIORAL PROBLEMS.

What can we do to prevent it?

Anticipate the tantrum, giving choices when it is possible

Avoid using "NO" and replace it with "YES/ BUT".

Be a good role model by not yelling at them

- **Reinforce positive behaviors**



TEMPER TANTRUM

What to do at the moment of the
tantrum?

Use a calm tone of voice and put yourself at the child's level.

Be simple and brief in your explanations

Try to divert the child's attention

Ignore the behavior and give it the necessary time.

Highlighting positive aspects and ignoring negative ones



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Happy holidays!



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