



TIPS FOR DEALING WITH HOLIDAY DYSREGULATION

Resources

"Too Cool For School"

Allow transition time as part of your plan - extra time for moving between activities

Do not over plan

Don't be tempted to fill every day with something exciting. Having low energy days can help to keep things on an even keel

Low tone, remaining calm

Keep routines familiar

Making sure they get up at the same time each day, go to bed at the same time and eat at set times

Make sure you take fidget toys or sensory aids with you when you go out (ear defenders, music, blanket) to aid regulation

Visual planners

Creating a daily planner of what is happening and when. You can do this the evening before or each morning together. Setting clear expectations in advance can be key to allow your CYP to feel in control. Sticking to the plans is equally important!

Prepare your CYP

If you are heading out to do something exciting for the day, prepare in advance. Show them pictures and talk about what they will be doing. Plan what they might eat and how long you will stay

Breathing exercises

Choose your battles

Your time is what they want

You don't need to be out every day at parks or play centres. A board game or playing in the garden is enough

Plan time for their special interests

Be aware of sensory needs

The beach or a play centre is very exciting, but it is filled with a sensory explosion of smells, noise and people. Understand your CYP sensory needs and triggers and plan for them. During your day, plan time to take breaks during the day - watching 20 minutes of videos or listening to music

Ignore social media - someone else's perfect is not yours!

Low arousal space

Create a den or use a pop-up tent and fill with cushions as a safe, quiet space where they can chill and read or watch videos

Do not stress about screen time and gaming

If things don't go to plan, be flexible, go with the flow and try again another day

Plan time for yourself to have a break

Forget about a tidy house. So what if the washing up isn't done? So what if there are toys all over? Give yourself a break!

Have a stock of safe foods when you go out

DO NOT BE TOO HARD ON YOURSELF

