

5 Tips to Prepare for Fireworks

FIREWORKS & SENSORY SENSITIVITIES

1 PREPARE FOR A CHANGE IN ROUTINE

- Start early. Introduce this change a few days in advance, if possible.
- Use videos, pictures, stories, etc. to prepare for what they can expect.
- Practice! Try role-playing with your loved ones so they can practice how to successfully get through the event

2 ESTABLISH A STRUCTURE FOR ACTIVITIES AND EVENTS

- What is the schedule for the day and what can they expect during scheduled events or activities?
- How can your loved one let you know if they need a break? What is the plan for providing a break from the event?
- Use visuals, pictures, schedules, etc. to prompt them through the activities and events of the day.

3 MINIMIZE OVERSTIMULATION

- Provide sunglasses, headphones, and other cool accessories that can reduce stimulation from light or noise.
- Have preferred and familiar items available that they can hold or play with when they feel overstimulated.

4 PREPARE WITH REMINDERS

- Prior to a transition to a new activity or event, remind them what is coming next.
- Give them a countdown to the transition or use visual cues.
- Prompt your loved one to communicate if they need a break from the activity/event.

5 HAVE A BACKUP PLAN

- It's ok to arrive late or leave early.
- Consider having two options of activities for the day. At the time of the planned event, if your loved one is overwhelmed, they can always choose a different activity.