

Preparing for the Holidays During COVID-19

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Agenda

- Schedules
- Start New Traditions
- Virtual & In Person Gatherings
- Travel
- Gift Ideas
- Special Holiday Events
- Resources
- Discussion

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Schedules

- Keep expectations low
- Keep a daily schedule
 - Maintain same basic wake up/sleep pattern
- Build in fun activities
 - Take a walk, exercise
 - Visit different parks
 - Do a project
- Plan ahead for fun events



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Start New Traditions

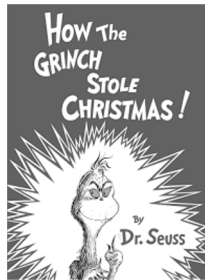
- Gratitude – practice gratitude for Thanksgiving
- Gratitude Journal
- Gratitude Chain
- Gratitude Jar
- Gratitude Poster
- Handprint Turkey
- Thanksgiving greeting cards



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Start New Traditions

- Service Projects
- Gift baskets
- Bake or make a gingerbread house
- Board games
- Holiday movies
- Read holiday themed books before bed
- Drive around to look at lights



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Virtual Gatherings

- Set up to have dinner or dessert via Zoom or Google Meet with family anywhere – use a large screen TV or computer screen
- Let family know prior to the holiday – have fun with it!
 - Polls
 - Games
 - Music or singing
 - Talent show
 - Show and tell (favorite food or what you are grateful for)

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Safety Tips for Celebrating with Friends & Family During COVID-19

- ❖ Check latest CDC guidelines for helpful tips, including travel
 - ❖ Tips for gatherings
- ❖ Check latest L. A. County Public Health guidelines for helpful tips, including travel
 - ❖ Tips for gatherings
 - ❖ Recommended /not recommended activities

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Tips for Gatherings in Your Home

- ❖ Let people know what to expect
- ❖ Special Toys
 - ❖ Think about putting away toys that are "special" to your child or could get taken apart before you have visitors
- ❖ Quiet place
 - ❖ Make sure your child can still access a quiet place when people visit your home
 - ❖ Designate a place ahead of time

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Packing for Gatherings

- ❖ Pack some essentials
 - ❖ food
 - ❖ medication
 - ❖ change of clothes/diaper bag
 - ❖ soothing items such as a blanket, favorite toy, music, tablet

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Tips for Visiting Friends/Family

- ❖ Prepare Your Host
 - ❖ prepare your host for what to expect (your child's habits and needs)
 - ❖ information about food preferences or allergies, pet allergies, fear of pets or if child may be rough with pets
 - ❖ if they ask what you need, tell them (favorite foods)
 - ❖ tell them you may only be able to stay for a short time

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More Tips for Visiting Friends/Family

- ❖ Ask if there is a quiet place for you and your child(ren) to go if necessary
- ❖ Talk to family about greeting kids quietly, letting them ease in...
- ❖ Don't stay too long or have a 'signal' to leave early
- ❖ Think about leaving siblings there longer

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If You Plan to Travel...

- ❖ Prepare your child(ren) for the trip by telling them:
 - ❖ where you will go
 - ❖ how long you will be gone
 - ❖ where you will stay
 - ❖ who you will see
- ❖ Use visual supports to show your child
 - ❖ where you will go
 - ❖ who you will see
 - ❖ where you will stay

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If You Plan to Travel by Car...

- ❖ plan stops if driving several hours, map out parks or other places to stop and stretch, get wiggles out (Roadtripper app)
- ❖ let your child know when a break is coming (give them a set amount of time to avoid meltdowns)
- ❖ use timers like a "Time Timer" to show your child how long it will be until the next stop
- ❖ pack toys or items to keep your child busy while traveling
- ❖ pack your child(ren)'s food and medication as separate carry-ons

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If You Plan to Travel by Air...

❖ Accommodations

- ❖ When your tickets are booked you can indicate your child has a disability. Check in at the desk on arrival to request pre-boarding, de-boarding early and seating assignments
- ❖ Contact Transportation Safety Administration (TSA) with any requests or questions regarding travel and your family member with a disability
- ❖ Face coverings are required for all passengers age 2 and up, even for people with disabilities
- ❖ Bring your own food

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Safety/Emergency Paperwork

- ❖ Complete a Health Passport about your child and take it with you
- ❖ Dress all of your children in red shirts or similar so they are easier to spot
- ❖ Take a picture of your child(ren) with your phone as soon as you arrive somewhere, then you have a picture of what they're wearing, what they look like if they wander off and you need to describe them & what they are wearing to security or law enforcement

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Gift Ideas

- Whatever you buy, buy it early!
- "Something you want, something you need, something to do and something to read"
- Consider non-screen or non-electronic gifts
- Gross Motor
- Fine Motor
- Pretend / Social Emotional
- Special interests

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Gift Ideas - Gross Motor

Inside activities

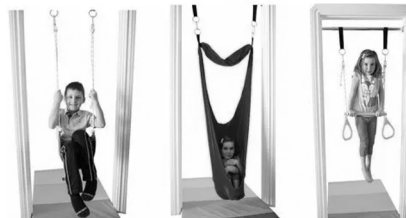
- Yoga ball
- Crash mat
- Door swing
- Mini trampoline

Outside activities

- Bike or trike
- Scooter
- Balls
- Hiking boots

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Door Swing



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Gift Ideas - Fine Motor

Building Toys

- Duplo or LEGO
- Puzzles
- Blocks
- Train sets



Other fine motor

- Paints, Markers
- Beads
- Kinetic sand or Play-doh
- Board games



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Gift Ideas - Pretend/Social-emotional

- Kitchen toys
- Dolls
- Playsets like Paw Patrol, animals
- Doctor kits, Vet kits
- Books
- Card or Board Games

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Gift Ideas - Special Interests

- Musical instruments
- Dress up clothes or scarves
- Science sets/telescopes
- Memberships to special places

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Special Holiday Events

Drive-Thru events

- WonderLand
- Holidays in Your Car
- Happy Place- The Drive Thru - Elf on A Shelf's Magical Holiday Journey
- Six Flags Magic Mountain

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Resources




- Links
- Holiday Special Events
 - We will send to you by email

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Just for Fun!



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"A Beginners Guide to Special Needs Planning"

Everything you didn't realize you needed to know

December 3, 2020
3:30 pm

Learn about comprehensive Special Needs Planning and the peace of mind it can bring families.

Wills and Special Needs Trusts
Government Benefit Coordination
Budget & Lifestyle Planning
CalABLE

Presented by David Terk, Regional Director
The Special Needs Planning Institute

Register in advance for this meeting:
www.csun.edu/family-focus-resource-center/webinars

Questions? Contact Kathleen Secchi at
kathleen.secchi@csun.edu

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...Happy Holidays!!

SEASONS GREETINGS
Happy Hanukkah
¡Feliz Navidad!
Frohe Weihnachten
Happy Kwanzaa
MERRY CHRISTMAS
Joyeux Noel
Sung Tan Chuk Ha
Happy Christmas
Sarabatori vesele
Leimingu Kaledu

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