

# This is Supposed to be Fun!

## Navigating the Winter Holidays, Autism, and Your Extended Family

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# Our Current Reality

You may have made a lot of sacrifices last year and were/are really looking forward to upcoming celebrations

The adults and children over the age of 5 in your home may be partially or fully vaccinated against Covid-19

We appear to be in a Covid surge in Wisconsin

Sometimes what is right for your family includes people that live outside of your immediate household

# The Before Times/ The Future

01

Find a balance between consistency and flexibility

02

Set clear expectations for the adults involved

03

Prepare your child for what the day or the event will look like

04

Practice activities that you want your child to participate in

05

Consider down time/space to take a break

#CovidBlessings

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What has historically gone well for your child with autism and your family?

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What has historically gone poorly for your child with autism and your family?

# There's Still Time!

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- What went well at Thanksgiving?
- Have you had any holiday celebrations or events?
- What is the mood currently like in your home?
- What's your biggest priority – what brings you joy?



# Holiday Fun in Covid Times

- Make a list of activities
- When considering virtual events, let online school be your guide
- Be as specific as possible with your child about what your expectations are for an activity – in real life or virtually



# January Questions

What went well  
this year?

What was okay  
this year?

What went  
terribly this year?

But Wait!  
I'm One of  
the Good  
Guys!

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Offer clear, specific help – with  
no strings attached!

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Check in with caregivers before  
the event

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Consider ways to clear the path

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Above all else – be gracious



