

# **STAYING SANE DURING WINTER MONTHS**

**AUTISM  
FRIENDLY  
GUIDE**



**COMPREHENSIVE**  
BEHAVIOR SUPPORTS

# *Staying Sane during winter months*

As a parent of a child with autism, the long winter months can be especially challenging. With the cold weather and shorter days, it can be difficult to find ways to keep your child engaged and stimulated while stuck indoors. Here are a few tips to help you stay calm and manage the winter months with your child with autism:

## PLAN AHEAD

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Winter can be a trying time for everyone, but with a little advance planning, you can make it a little easier on yourself and your child. Set up a schedule that includes structured activities and unstructured playtime to help your child stay on track and avoid boredom. You might also want to consider investing in some new toys or activities that your child can do indoors to break up the monotony.

## MAKE THE MOST OF SENSORY ACTIVITIES

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Children with autism often enjoy sensory activities, which can be especially helpful during the winter months when outdoor play is limited. Consider setting up a sensory table with different materials for your child to explore, such as rice, beans, or water beads. You could also try setting up a sensory room with items like bubble tubes, fiber optic lights, or bean bags.

## TAKE BREAKS

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It's important to take breaks throughout the day to help both you and your child stay refreshed and energized. Try to find a few moments each day to step away from the chaos and take some deep breaths. You might also want to consider setting up a quiet space in your home where you and your child can retreat to when things get overwhelming.



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## FIND WAYS TO STAY ACTIVE

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Even though you may be stuck indoors, there are still ways to stay active and burn off energy. Try setting up an indoor obstacle course, playing a game of Simon Says, or doing a yoga or dance video together. Keeping your child active will help them stay focused and engaged, and it will also be good for their physical and mental health.

## SEEK SUPPORT

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Parenting a child with autism can be isolating, especially during the winter months when you're stuck inside. Make sure to reach out to friends, family, and other resources for support and encouragement. You might also consider joining an online support group or finding a local support group for parents of children with autism.

By following these tips, you can help make the long winter months a little easier for you and your child with autism. Remember to take care of yourself and seek support when you need it, and you'll be better equipped to manage the challenges that come your way.



***A smile  
with every  
step forward.***



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