




A SENSORY FRIENDLY NEW YEARS EVE



Consider celebrating in a smaller group of familiar people to reduce anxiety.

Opt for a family night in. This can reduce stress over large crowds and unfamiliar places.

Depending on your child's bedtime, consider doing an earlier New Year's Countdown.

Do a gentle New Year's Countdown. Try to count down in a normal voice and throw balloons rather than poppers.

If possible, avoid fireworks displays and watch them on TV instead!

Keep noise canceling headphones on hand and play familiar noises with them.

Try creating a New Year's Eve Themed Sensory Box beforehand; include glitter, confetti and streamers.

Include their favourite foods and activities in the New Year's Celebration!