

# *Sensational* Tips for the Holidays

The Holiday Season can be overwhelming- especially for those with sensory challenges.

Below are some *healthful* tips to help you better navigate the season!

-  Try to maintain your family's normal sleep routine as best as possible. This will help keep everyone's immune system stronger and will also help children adapt better when they return to school after the holidays!
-  Avoid the sugar and dye high. Sugar stresses the immune system and can make one more susceptible to illnesses. Dyes (especially red dye 40) can light up the brain like a Christmas tree and have negative effects on children's behavior!
-  For those with special needs diets, prepare fun snacks and holiday dishes that are "safe" to bring to parties so your family can enjoy the fun without having to worry about what might be in foods!
-  Avoid a surge in "tech time". With children out of school, it is easy to substitute school time with screen time. Screen time increases the brain chemical dopamine and is associated with many ill effects, such as rage!
-  Just say "No". Be mindful of overscheduling and over committing. Learn the word "no" and forget the word "guilt". Adding more stress at the Holiday Season can deplete the meaning behind the season- Joy!
-  Minimize "sensory chaos". Chose "off" days/times to do shopping and run errands. Have noise canceling earphones or earplugs and light shaded sunglasses handy for kiddos with sensory challenges to use in public place and give them a big bear hug for deep pressure before entering a busy zone!
-  Maintain your family's regular chiropractic wellness care to help their nervous system adapt better to the extra stress during this season!

From the Intersect 4 Life team, we wish you  
the Happiest Holiday Season!

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