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Preparing for Christmas: autism resources

The Christmas period, with lots of change, social interaction, expectations and demands to negotiate, can be a very exciting but often stressful time of the year for many autistic people. We have put together a brief list of useful resources that we hope may prove helpful in making this festive period as special and as stress free as possible for those you work with.

This year, following the [National Autistic Society Autism Hour](#) campaign, many shops and venues are holding quiet Christmas events. Check with local shops and venues to see if they are organising one near you.

See below for a variety of resources that give guidance, advice and ideas for Christmas:

[An autism advent calendar for schools - Network Autism](#)

This article is written for teachers and gives a day by day guide to preparing and planning for Christmas in School.

[Christmas in an adult residential service – Network Autism](#)

This article discusses preparation, planning and Christmas Day itself in a residential service for autistic adults

[Preparing for Christmas - The National Autistic Society](#)

This article gives advice and support for the festive period including planning, schedules, presents and travel

[SEND Focus: 'Christmas can be an incredibly difficult time for children with autism' -TES](#)

The headteacher of a school for autistic girls shares her advice for making the Christmas period as stress-free as possible for students.

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[Autism and Christmas – Teachers are you ready? – Lynn McCann](#)

In this blog, the author gives advice to teacher on how to support their autistic pupils in the weeks leading up to Christmas.

[3 tips for an autism-friendly Christmas - Jamie Knight](#)

Jamie, an autistic adult, explains how he prepares for Christmas, including the need for quiet spaces and sensory considerations.

[An autistic person's Christmas - The Guardian](#)

Blog by an autistic adult, describing the challenges of Christmas and how she copes with this time of year.

[Gift ideas - The National Autistic Society](#)

Here you will find various gift ideas for young autistic children at Christmas

[Christmas, a seasonal challenge - Gina Davis](#)

In this blog, Gina discusses the Christmas period, shopping, presents and Christmas dinner

[Autism and keeping Christmas fun - The National Autistic Society \(film\)](#)

This 3 part video gives a parents perspective on Christmas and talks about decorations, lights and diet.

[Supporting people over the holidays](#)

Callum McCrosson, Befriending and Mentoring Coordinator at the National Autistic Society, has written some tips for supporting autistic people during the festive season.

[Coping with anxiety at Christmas if you are on the autism spectrum](#)

In this blog, author Emma Louise Bridge, offers advice on how best to cope with anxiety at Christmas.

[4 Ways Christmas Affects Me and My Autism](#)

In this blog, Kit Dwyer, explains how the Christmas season affects her and how people can help.