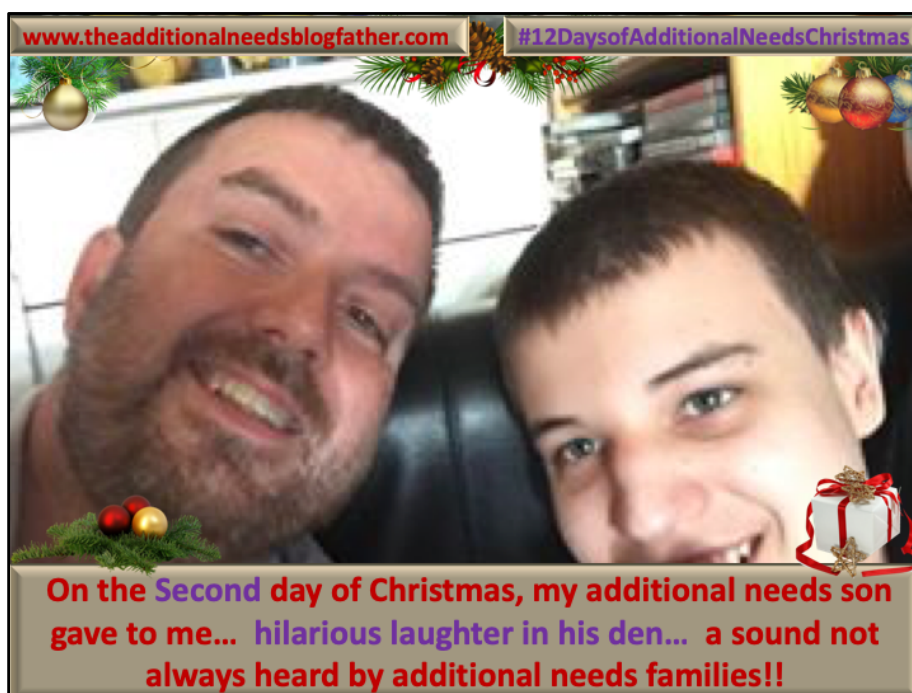


### #Day1Sleep

Some children with additional needs can regularly struggle to get to sleep, be awake all night, or wake very early in the morning all year round not just on Christmas Day. It can be really hard for them and their families.

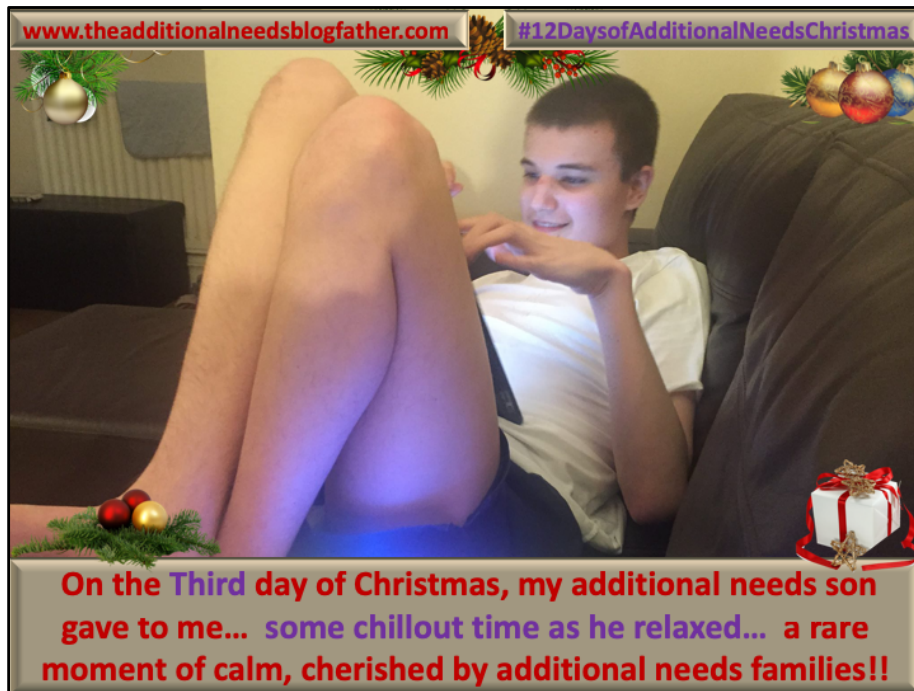
Welcome to the [#12DaysofAdditionalNeedsChristmas](#) [#Day1Sleep](#)



### #Day2Laughter

Additional Needs families often hear many distressing sounds from their children; screams, shouts, crying... but sometimes we also hear laughter, a joyous sound to be cherished!

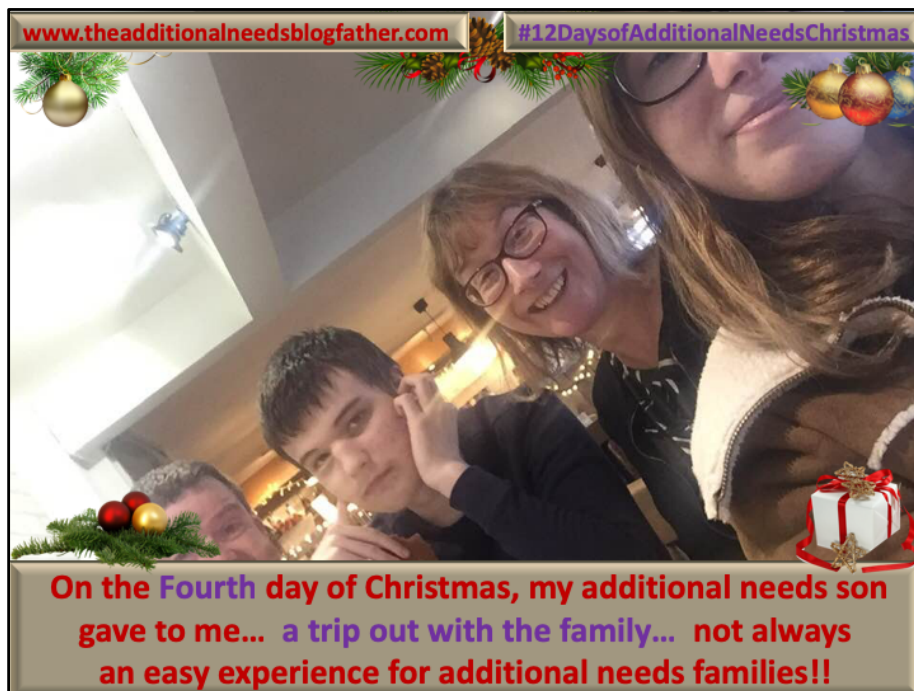
[#12DaysofAdditionalNeedsChristmas](#) [#Day2Laughter](#)



### #Day3Peace

Being a parent of a child with additional needs is a 24/7 role; there is always something happening, something that needs doing, rarely a moment to catch breath. So when those fleeting moments of peace arrive, they are a real blessing!

[#12DaysofAdditionalNeedsChristmas](#) [#Day3Peace](#)



#### #Day4Trip

Trips out for additional needs families rarely 'just happen', they need lots of planning and preparation. Even then, things don't always go to plan, so a successful family trip out is something to celebrate (and 'success' can look different for each family!)

[#12DaysofAdditionalNeedsChristmas](#) [#Day4Trip](#)



### #Day5Time

Children with additional needs can crave quality time with family members just as much as any other child. Sometimes in the busyness of caring, we can forget the value of just spending time together, becoming lost in the moment.

[#12DaysofAdditionalNeedsChristmas](#) [#Day5Time](#)



### #Day6Communication

Additional Needs families aren't always easily able to understand what their children are communicating to them, whether it is something positive or negative. We become detectives, looking for clues to help us, and our child, understand each other better.

[#12DaysofAdditionalNeedsChristmas](#) [#Day6Communication](#)





### #Day7Overwhelmed

Sometimes for children with additional needs things can get a bit too much and they can become overwhelmed. At these times they may need to spend some chill time in their 'safe space' which can help them to regulate their feelings and restore a sense of calm.

[#12DaysofAdditionalNeedsChristmas](#) [#Day7Overwhelmed](#)



### #Day8Shopping

Additional Needs families need to do jobs like shopping for groceries, but these everyday tasks need thinking about. There can be many overwhelming sights, sounds, smells and crowds to deal with, and what to buy (or not to buy) can take careful negotiation!

[#12DaysofAdditionalNeedsChristmas](#) [#Day8Shopping](#)

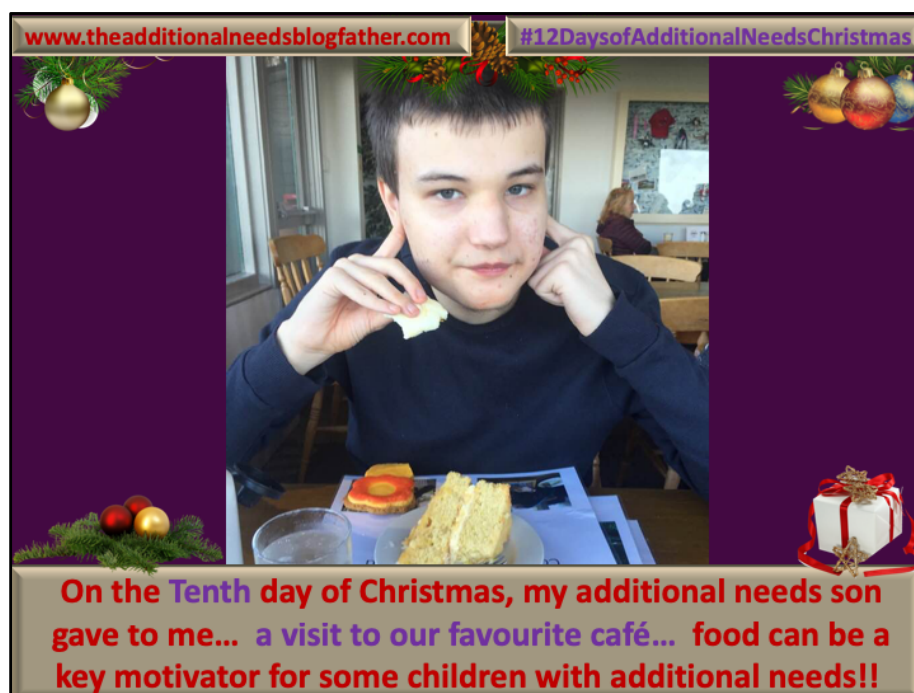




### #Day9Routines

Periods like Christmas and New Year can be difficult for families as the normal routines are broken. Children with additional needs can find this incredibly hard as they rely on routines and predictability to be able to cope with life, so a return to these usual routines is welcomed.

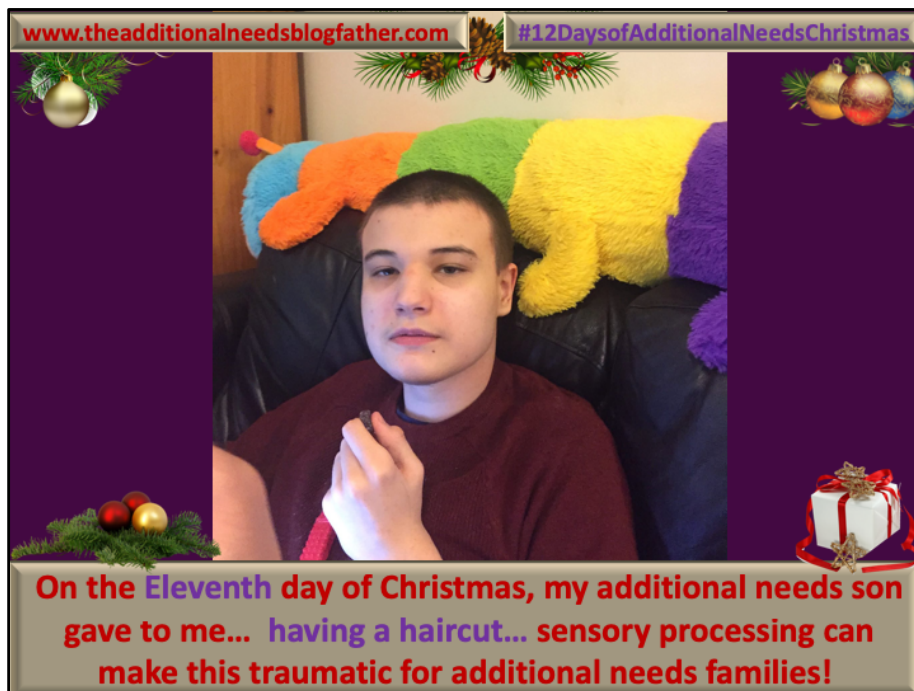
[#12DaysofAdditionalNeedsChristmas](#) [#Day9Routines](#)



### #Day10Food

For some children with additional needs food can be very important, either as a motivator, a way of bringing order to the day, or a means of control. Sensory input can be provided through different foods as well. Families often learn how to use food positively to help their child.

[#12DaysofAdditionalNeedsChristmas](#) [#Day10Food](#)



### #Day11Haircut

Some children with Additional Needs find having a haircut really hard due to the sensory issues that it causes. Families seek out barbers or hairdressers who are additional needs friendly (there are some!) or cut their child's hair themselves, although both options can create great anxiety and sometimes meltdowns.

[#12DaysofAdditionalNeedsChristmas](#) [#Day11Haircut](#)



### #Day12School

The return to school after a long holiday can be very difficult for children with additional needs. They need lots of help, resourcing and support to be able to successfully re-engage with their class, teaching staff, and fellow pupils. Families can use resources such as visual timetables to help their child cope better.

[#12DaysofAdditionalNeedsChristmas](#) [#Day12School](#)