

TOP TIPS FOR BONFIRE NIGHT

1. Don't give into societal pressures, do what works for you, staying home and having your own celebration can be lots of fun or watch a virtual display.

2. Think about the sensory implications - while some children might love the loud noise and bright lights for others it can be sensory overload. Keep a familiar and safe smell close in a bottle or blanket.

3. Plan ahead - you may need to make your child aware of when bonfire night is happening and that there may be loud noises and flashing lights outside. If attending a public event have a bag of comforts and watch from a distance.

4. Think about ways you can distract from the noisy environment outside by planning fun, activities that they enjoy.

5. If you child really loves the visual effect of fireworks but hates the bangs you could try silent fireworks.

6. Keep usual routines the same, this will provide the person with some safety and security on a night where noises and lights will be unpredictable and out of their control

north east **autism** society