

ACCEPTING THE *Spectrum*

December 2025 Newsletter

By: Grace Majewski, RBT



COLLABORATIVE
ABA SERVICES, LLC

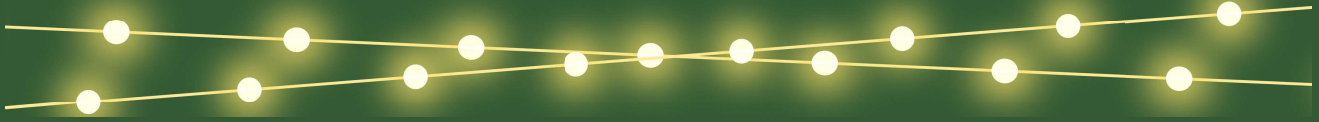
Happy holidays from Collaborative ABA Services! As the Holidays get closer, it is important to set up ways to help our sensory learners best enjoy the holiday season.

This month, we will talk about how to make the holidays as sensory friendly as possible, as well as some tips and tricks for decorations, family gatherings, and celebrating the season.



Reduce sensory overload.

Consider soft, warm lighting instead of blinking or multicolored lights. Limit background TV noise or music. Offer noise-cancelling headphones or earbuds proactively.



Prepare with predictability.

Use visual schedules, social stories, countdowns with time warnings (i.e., 10 minutes until dinner!)



Create a safe, sensory place.

Designate a quiet area with their favorite activities, toys, and calm down tools where they can retreat to self-regulate.



Make food low-pressure.

Always include safe/preferred foods and use familiar cups and plates if possible!



Regulate first, Celebrate second.

Build in movement breaks, offer deep pressure through squeezes, hugs, or a weighted blanket/vest or practice deep breaths.



Please note our closures for the 2025-2026 holiday season:



Wednesday, December 24, 2025 (Christmas Eve)

Thursday, December 25, 2025 (Christmas Day)

Friday, December 26, 2025 (Preschool-Age ABA
Clinic Program only)

Wednesday, December 31, 2025 (New Years Eve)

Thursday, January 1, 2026 (New Years Day)



COLLABORATIVE

ABA SERVICES, LLC

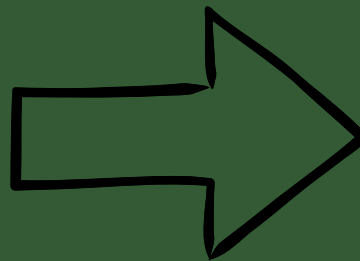
LISA'S COACHING Center

The Holiday season is in full swing and, if you're raising a child with Autism, I'm sure you are feeling it. So, in this week's episode, I'm discussing some of the Holiday-themed stressors I'm hearing about from my clients and sharing the coaching I offered them during this challenging time of the year.

This episode is just a glimpse into the coaching relationship. I have been coaching with each of these clients for months at this point, so it's not just a one-and-done thing. However, there is a lot to learn from the principles in these coaching examples, so you can apply them to any challenge you're facing in your life.

Tune in this week to discover how I help my clients through the stress of The Holidays. I'm sharing how to have your back around your decisions, stop making you and your child the victim of their diagnosis, and choose the thoughts that create the experience you want at this time of year.

Click the icon to watch now!



COLLABORATIVE
ABA SERVICES, LLC