



Tell

Prepare your child for who/what they will see at Thanksgiving. This may include creating a social story or showing photos of people your child does not know or see often.



Help

When possible, have your child help out. This may include prep activities such as helping with decorations or measuring ingredients for a recipe, but it could also include giving your child a job, such as answering the front door or setting the table.



Access

Be sure your child has access to foods he/she will eat and to a designated quiet space for breaks. It's helpful if other guests or family members understand where this space is and it's purpose.



Notify

Inform guests who aren't familiar with your child or with autism about what to expect and how to best interact with your child.



Keep it fun

Add in a couple of activities during the day that you know your child really knows. This may include family games or traditions.



Schedule

Provide a schedule of the day's events for your child so they will know what to expect. This can include a visual schedule or a written schedule.