

HOLIDAY GUIDE FOR

Kids with Disabilities and/or
Rare Diseases



HOLIDAY GUIDE

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NEVER ASSUME

- Buy age appropriate gifts with modifications and adaptations to meet the child's needs.

CATER TO CHILD'S INTEREST

- Children like toys or experiences that cater to their interest.

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TRADITIONS ARE NOT THAT IMPORTANT

- Traditions are NEVER more important than a child, so modify or start new family traditions to fit the entire family.

IT'S NOT ABOUT THE FOOD

- Spend time together developing relationships and playing instead of focusing on eating.

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CREATE MEANINGFUL EXPERIENCES

- Spend quality time with the child alone to create your own memories that he or she will enjoy and remember.

COMMUNICATE WITH THE PARENTS

- Always normalize situations and experiences. Talk with the parents on the best way of how to do this.

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BRING THE EXPERIENCES TO THE CHILD

- Holidays may need to be hosted at the child's home or another location comfortable for the child.