

Newsletter



Children's
Disability
Network
Team

North Tipperary Children's Disability Network Team (CDNT)

Managers Message

Welcome to the Winter Edition of the North Tipperary Children's Disability Network Team (CDNT) Newsletter. We decided to focus on a festive theme this month, we hope you find it useful. We will bring the usual updates in the Spring.

As we approach the end of 2025, we would like to express our gratitude for your continued support and collaboration. We look forward to continuing our work with you in 2026. We wish you a joyful holiday season and a peaceful New Year.

Ann Somers
CDNT Manager

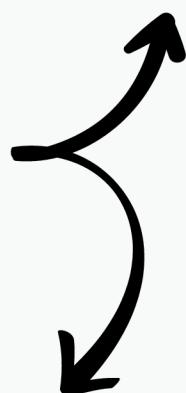


Sensory Friendly Strategies

- Create a sensory go-bag: Ear defenders, sunglasses, chewables, fidget toys, etc.
- Plan sensory breaks
- Modify lighting at home: Use warm lights or dimming instead of bright flashing decorations.
- Limit overwhelming scents: Strong candles, cooking smells, or perfumes—open windows or step outside.
- Choose your seat: Sit near a door, away from speakers, bright lights, or crowded areas.

Routines and Predictability

- Keep some anchors: Same sleep/wake time, morning routine, or daily walk.
- Use visual schedules or planners to map out events.
- Preview changes: Look at photos of places beforehand, ask for menus, or call ahead to ask what to expect.
- Set time limits for events.



Neurodiversity and the Festive Season

For neurodiverse individuals, the holiday season - especially Christmas - can present unique challenges. These difficulties can arise from sensory, social, and environmental demands that are heightened during this time. Below are some tips for neurodiverse individuals around the holiday season.



Managing Gifts

- Tell people what your child actually wants (or doesn't want).
- Request no surprises if unpredictability is stressful.

Energy Management

- Spread out activities so you don't overload one day.
- Schedule downtime and breaks
- Plan recovery days after big events.
- Avoid cramming everything into a short period of time
- Make a list of what your child finds difficult - what can you do to help them regulate?

Involve your child in decisions

- Offer structured choices rather than open-ended ones (e.g., "Do you want to decorate the tree first or wrap presents first?" instead of "What should we do today?").
- Preview decisions in advance so they're not made on the spot—give your child time to think before choosing.
- Involve them in setting family plans, such as picking one activity they really want to include in the holiday schedule.
- Let them help set sensory boundaries (e.g., choosing music volume, deciding which lights to use, selecting a quiet corner). Discuss expectations ahead of time (how long events will last, who will be there) and let your child decide what they're comfortable attending.



Cerebral Palsy Foundation Accessible Gift Guide



Remember! You know what works best for your child! Things will look different for each family over the holiday period.

