

**In relation to receiving presents, if this is difficult during the rest of the year for the young person, then it is no different at Christmas.** Presents often mean surprise. Whereas many young people love a gift, some may not enjoy not knowing what's about to happen. Anxiety around presents can be reduced by making it easier for your young person to understand what to expect.

Since Christmas is the time for giving, it will help if your family and friends are aware of any triggers, accommodations and special interests beforehand.

# Tips for Christmas presents

## Wrapping options

If your person enjoys unwrapping, you can wrap up the presents together, or use paper printed with their interests. If they don't like surprises, you could leave the presents unwrapped or wrap them in clear/patterned cellophane so the present is still visible.

## Ready, set, play

Make sure gifts are ready to play with to avoid frustration. Remember to put batteries in or assemble any toys.

## Managing surprises

If you do wrap presents, put a note or photo on the gift tag, and encourage family and friends to do the same. No surprises means less anxiety.

## No pressure

Remove the pressure of opening presents in front of everyone by having your young person open them in private.

## Perfect presents

Buy presents related to their interests and encourage others to do the same.

## Something old, something new

If they are reluctant to open new presents, put the gift next to a favourite item (like an existing toy they like)

## Set limits

If presents are tricky, set a limit (one from parents and one from grandparents). Encourage others to give money or vouchers.

## Slow and steady

Introduce presents one by one rather than all at once. They may even open their presents gradually over a few days.

## Manage expectations

If they are very honest about presents, find it difficult to speak, or open presents in front of people, help by making adjustments and prepare family members.

## Prepare

If they like to thank people but find it difficult to come up with things to say in the moment, work out with them what they'd like to say and write it on cue cards. Like "Thanks for my present, I'm going to open it later with my others".