We understand that for some people on the spectrum, planning and going on holiday can be a cause of anxiety and fear as they involve things that autistic people can often find difficult, like the change of routine, fear of the unknown etc. Our aim is to make the process as manageable as possible. We design and produce personalised, bespoke visual supports for every child or adult on the spectrum that books a holiday with us.

We provide:

**A personalised holiday countdown calendar** – you can use this resource to countdown the days until your holiday. You or your child can “cross off days until the holiday” We provide a 7-day countdown. Starting the calendar too early can cause extra anticipation, which can lead to a child becoming too stressed and could impact, on your non holiday time, however you know your child best and if you would like a countdown of longer than 7 days just ask and we’ll be happy to help. To enable us design a countdown calendar for your child, please answer the question below:

What are your child’s interests? (you can choose more than one and we will do our best to include as many in the design as possible i.e. specific interests, favourite characters etc)

**A social story** – A social story is a simple, first person account that can explain to your child about what is going to happen and how they might deal with it. Do to this we need to take some information about your child, please fill out the questionnaire below and if you feel that there is anything else we should know to help your child prepare for their holiday please let us know in the comments box at the end of this form.

* Childs name:
* What name does your child like to be called:
* How will you be travelling to your holiday home:
* How will you child entertain themselves on the journey? (i.e. – are they allowed to use an electronic device, read a book, listen to music, play with a favourite toy?
* Who will be going on holiday – how does the child refer to them? (aunties, uncles, granny, nana etc)
* Do you have any specific plans when you arrive (places to visit, shopping, unpacking etc)
* Does your child have sensory sensitivities? (if so, do they use ear defenders, chew toys etc)
* Do you or your child have any particular worries about going on holiday? (your child may be worried about sleeping in a different bed or being in a new environment)
* What will be considered “good behaviour”
* What should they do if they feel stressed (do they have a usual way of managing their stress)?
* If there is anything else you would like us to know please let us know here:

Please complete the form and email it back to us at info@spectrum-holidays.com

Your child’s social story will be emailed to you in the weeks leading up to your holiday. If you feel we need to add or change anything just let us know. We can also send the social story through the post directly to your child. If you would like us to use a photo of your child for their social story please email it to [info@spectrum-holidays.com](mailto:info@spectrum-holidays.com)