



5 Tips to Prepare Kids for Fireworks

1. Prepare for a Change in Routine

- Start early. Introduce this change a few days in advance, if possible.
- Use videos, pictures, stories, etc. to prepare your child for what they can expect.
- Practice! Try role playing with your child so they can practice how to successfully get through the event.

2. Establish a Structure for Activities and Events

- What is the schedule for the day?
- What can your child expect during scheduled events or activities?
- How can your child let you know if they need a break? What is the plan for providing a break from the event?
- Use visuals, pictures, schedules, etc. to prompt your child through the activities

3. Minimize Overstimulation

- Provide sunglasses, headphones, and other cool accessories that can reduce stimulation from light or noise.
- Have preferred and familiar items available that the child can hold or play with when they feel overstimulated.

4. Prepare with Reminders

- Prior to a transition to a new activity or event, remind your child what is coming next.
- Give them a countdown to the transition or use visual cues.
- Prompt your child to communicate if they need a break from the activity/event.

5. Have a Backup Plan

- It's ok to arrive late or leave early.
- Consider having two options of activities for the day. At the time of the planned event, if your child is overwhelmed, they can always choose a different activity.

