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Fourth of July Tips for Children with Autism

Loud fireworks, flashing lights, and changes in routine can be overwhelming for children with autism. Here are some strategies to support your child—wherever you celebrate.

Preparation (*For Predictability*)

- ★ Create a **visual schedule** to outline the day's flow
- ★ Use **pretend play** to walk through different scenarios beforehand
- ★ Watch **short videos** of fireworks at low volume to familiarize
- ★ **Pack a comfort kit:** noise-canceling headphones, fidgets, snacks, favorite toy, etc

Day Of (*To Support*)

- ★ **Offer choices**—where to sit, what to bring, or when to take a break
- ★ Set up a **break space** (bedroom, shaded area, or car)
- ★ Watch fireworks **from a distance**, inside the car, on TV, or skip them altogether
- ★ **Support sensory needs** with sunglasses, hoodie, headphones, etc

After the Celebration (*Build Confidence*)

- ★ **Ask** what your child liked, didn't like, and what they'd change next time by using emotion charts, thumbs up/down cards, gestures, or other non-verbal communication tools
- ★ Celebrate **small wins**—any moment of comfort, joy, or connection counts



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Call us at 888.922.2843 or visit www.behaviorfrontiers.com to learn more.



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