



## July 4th Celebrations for Sensory Sensitive Kids

July 4th is a great patriotic holiday. Often the day starts early with a parade complete with crowds, marching bands, and brightly colored floats. Next comes an all day barbecue, pool party or block party. The day ends (usually way past bedtime for most children) with a breathtaking fireworks display complete with patriotic music that overwhelms the senses of most who attend.

To help your child enjoy the 4th without becoming anxious:

- Choose which activities will work best for your family. Attending the morning events, followed by **giving your child a break**, may help.
- **Limit the "red, white and blue" delectables**, that are usually full of sugar and artificial coloring.
- Youtube can be a great source of videos to prepare kids for the overwhelming sounds.
- Consider holding a patriotic family or small group barbecue or picnic **in your own home** where it's easy for your child to find a comfortable separate space if they need quiet time. Watch the Macy's fireworks celebration in your living room.
- If you do go to a larger event, bring **noise reducing headphones** for your sensitive child.
- Set expectations ahead of time: let your child know how long the parade, party or fireworks will be.