



Boundaries are not seasonal

Protecting neurodivergent needs during the holidays

- “It’s just one day! You can tolerate it.” **“My comfort matters every day of the year.”**
- “Don’t be rude x give a hug.” **“Consent doesn’t take holidays.”**
- “Everyone’s here for you!” **“Connection is not performance.”**
- “Come on, join the fun!” **“I choose what participation feels good.”**
- “Come on, everyone’s doing it!” **“I choose what feels safe for me.”**
- “Don’t spoil the fun, just join in!” **“Fun looks different for each of us.”**
- “Smile for the photo!” **“I’ll join photos that feel comfortable.”**
- “You can’t wear that to dinner.” **“I regulate better when I’m comfortable.”**
- “We always do x in this family.” **“Traditions can grow with the people in them.”**
- “It’s rude to leave early.” **“Listening to my limits is self-care.”**
- “Stop being so picky with food.” **“I honour what my body can handle.”**
- “Hug your x, she came all this way!” **“Connection doesn’t require touch.”**
- “Don’t be dramatic, it’s only x.” **“Sensory experiences are real experiences.”**
- “Be polite, answer properly.” **“There are many valid ways to communicate.”**
- “You were fine last year!” **“Needs can change and that’s okay.”**
- “You’re making a scene. Calm down.” **“I’m overwhelmed and I need support.”**
- “Act your age.” **“Preferences don’t follow a holiday schedule.”**
- “It’s tradition to stay the whole day.” **“We’ll join for the part that works for us.”**
- “Try a bite to be nice.” **“Food is about nourishment, not politeness.”**
- “Just push through, you can rest later.” **“Rest is part of staying regulated.”**
- “You should be grateful!” **“I express gratitude in my own authentic ways.”**
- “No devices at the table.” **“My tools help me stay connected and calm.”**
- “We don’t talk about that here.” **“I’m allowed to choose topics that feel safe.”**
- “Stop fidgeting !” **“Movement helps me enjoy being here.”**

