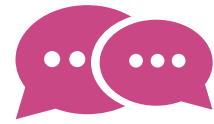




TIPS FOR FIREWORK SEASON



AUTISM ADVICE LINE

While the firework season can be an exciting and enjoyable time for some autistic people, it can also be overwhelming and a source of anxiety due to its unpredictability.

Our Community Advisors, from our Autism Advice Line, have created a list of practical tips to help support everyone in having an enjoyable firework season, while recognising that this experience can look very different for each individual.

Preparation may be key for some people

If you are going to an organised firework display or event, you may wish to consider;

- Becoming familiar with where the event will take place. Use tools available to you like [Google Maps](#), the event organiser's website or photos of previous events to get an idea of the set up and what to expect.
- Checking the event schedule and expected crowd size.
- Familiarising yourself with where the exits are.
- Attending events with a family member or friend who can assist if you are feeling overwhelmed. You could create a plan before attending to use a card or signal that indicates if you are needing support or want to leave.
- Checking if there will be any designated quieter zones or sensory areas at the event.
- Your specific sensory needs and the tools you can utilise to support these. For example, consider the smells, noises and brightness of the fireworks.
- Building a 'Soothe Box' and ensuring it is easily accessible. This can be personalised to individual needs that support wellbeing and bring joy.
- Creating a flow chart or notes for support. It could include instructions you have created on what to do when feeling overwhelmed. Having this ready and easy to reach for may help alleviate anxiety.
- Looking for alternative events that celebrate this season without the inclusion of fireworks. For example, light displays or autumn light nights, and campfires.

For parents who are preparing their child or children for a firework display or event, you may wish to consider;

- Watching videos of fireworks displays.
- Creating pictures of fireworks together. Talking about the colours and the noises they may make to reassure your child.
- Creating a visual story to support your child with preparation for attending an organised event or for watching/ listening to fireworks at home.



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