

SUNNY TIMES

Early Intervention
Service
supporting
independence



www.youcanwecan.org

December 2025



Dear Reader,

Welcome to our last edition of "SUNNY TIMES" for this year. We hope to deliver interesting facts, helpful hints and tips and let you know what is happening in our company.

As the festive season approaches, I would like to acknowledge the remarkable achievements of the children and families we have supported throughout the year. It has been a genuine privilege to walk alongside so many young people as they develop vital life skills and navigate key transitions—from starting Kindy and pre-primary to moving confidently into high school. Each milestone reflects their resilience, effort, and growth.

At *You Can, We Can*, our focus remains on empowering every child to build independence, strengthen social connections, and feel prepared for the environments in which they learn and thrive. We are honoured to be part of their journey and look forward to continuing this work in the year ahead.

Wishing you all a restful, joyful Christmas surrounded by loved ones, and a New Year filled with happiness, good health, and new opportunities.

Thank you for a meaningful year of collaboration and growth,

Tanja

HOLIDAY HANGOUT
Joondalup Family Centre
10am - 2pm
6th, 13th, 20th, 27th January

We've got you these holidays!
Spend the day with your friends creating art, cooking and gaming.
This is a kids only event - parents stay at home (or go shopping, grab a cuppa, whatever!)

6-14 year olds

Places are limited to 8 kids per event. Please fill out an expression of interest form and we will be in touch soon.

All Stars for Autism
PROUDLY SUPPORTED BY **telethon**

School Holidays Program January
Tuesdays & Thursdays 10am - 2pm
at the Joondalup Family Centre

6 January Holiday Hangout	8 January Thriving Holiday Hangout	15 January Holiday Hangout
15 January Thriving Holiday Hangout	20 January Holiday Hangout	22 January Thriving Holiday Hangout
27 January Holiday Hangout	29 January Thriving Holiday Hangout	

Thriving

all stars for autism
@allstarsforautism
hello@allstarsforautism.org.au
all stars for autism

Autism Friendly Christmas Tips

Christmas is different to other times of the year – it can be loud, intense, bright, unpredictable & busy.

LIGHTS

Get lights that have controls to adjust the brightness and the flashing function

TAKE A BREAK

Christmas day can be intense..ensure there are opportunities for breaks, quiet space & keep headphones handy

PRESENTS

Not everyone likes presents, not everyone likes opening presents in front of others, not everyone likes the surprise of a wrapped gift

VISITS

Unannounced visits are unpredictable... let the person know that someone is calling

UNPREDICTABILITY

Prepare a person for what's happening around the Christmas period, e.g. social stories, timetables, who will be visiting/what time is dinner

EATING

A person's idea of Christmas dinner may not be the same as the traditional meal...pizza or pasta is cool to eat too!

HAVING FUN

Create games that includes everyone...change the rules if you need to so that everyone can play



Upcoming events

Workshops for parents, caregivers and staff providing support for children with autism and/or developmental delays

- Understanding autism
- Behaviour is communication-what is the message?
- Visual supports
- Sleep management
- Toilet training



Important Announcement

The office will be closed from 5th of December until 28th of December. Please make appointments via email or text message

tanja@youcanwecan.org

Check out these beautiful free social stories- I absolutely love them!

<https://www.lrcss.com/blog/making-the-holiday-experience-more-accessible-for-individuals-with-autism>

