

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



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!

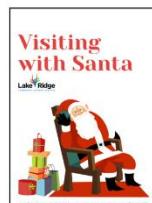
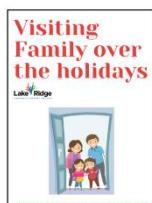
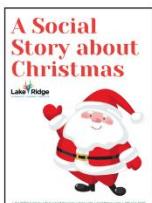
HAVING FUN

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



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>



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

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