



How to make your Christmas light display more autism-friendly

As festive and fun a celebration as Christmas can be, it can also be difficult for individuals with sensory processing difficulties. Autistic individuals may have sensory sensitivities, so it's important to minimise overwhelming stimuli where possible whilst still enjoying the festive spirit. Here are our top tips for making your Christmas lights more autism-friendly:

1 Use soft, warm coloured lights

Opt for warm white or soft coloured LED lights instead of bright, flashing or multicoloured ones as these can be less overwhelming for individuals with sensory sensitivities.

2 Dim the lights

Consider using a dimmer switch or lower-wattage bulbs to reduce the overall brightness of the Christmas lights. Dim lighting can create a more calming atmosphere.

3 Avoid flashing or strobing effects

Lights that flash rapidly or have strobing effects should be avoided, instead choose lights with steady, gentle patterns.

4 Create a gradual transition

Consider using a timer to gradually increase or decrease the brightness of the lights during the evening. This can make the transition from daytime to night-time lighting less abrupt.

5 Minimise noise

Be mindful of any accompanying noise with the Christmas lights, such as mechanical or musical displays and keep these at reasonable volume or consider silent alternatives.

6 Use diffusers or filters

Soften the light through placing diffusers or filters over the bulbs to reduce glare and harshness, this can help to create a more soothing ambience.

7 Opt for static displays

Choose static displays over animated or moving ones as these are less likely to be overstimulating and can provide a more calming effect.

8 Incorporate sensory friendly decoration

Include sensory-friendly holiday decorations where possible, such as soft fabric or textured ornaments. These can add to the festive atmosphere without overwhelming sensory sensitivities.

Remember that every autistic individual is unique, and their sensory sensitivities can vary widely. It's essential to be flexible and accommodating, making easy adjustments where needed can create a comfortable and enjoyable festive experience for everyone involved.