

An Autism Christmas



T'was the Night Before Christmas
And all through the house
The noises were louder
Yes, even the mouse.

We don't like not knowing, or what to expect,
We need our routine, and quiet time to reflect.

We took melatonin, and tried a hot bath,
But the chaos of Christmas, takes a different path.

Visitors are overwhelming, we don't mean to be rude,
We don't want Christmas Dinner, just our usual food.

We don't react to gifts like other children do,
But know we are grateful for everything from you.

So be patient with me, be loving, be kind.
And remember that your Christmas,
Feels different to mine.

