

HOW TO HELP YOUR CHILD REGULATE THEIR SENSORY NEEDS

EXPERIMENT TO FIND SENSORY TOOLS THAT ARE UNIQUE TO YOUR CHILD'S NEEDS

CREATE A SENSORY RETREAT FOR YOUR CHILD

INCLUDE SENSORY BREAKS AS PART OF YOUR DAY

ESTABLISH PREDICTABLE ROUTINES THAT YOUR CHILD CAN EASILY FOLLOW

BE AWARE THAT THERE ARE MORE THAN 5 SENSES

PROVIDE CHOICES FOR SENSORY INPUT OPPORTUNITIES

MAKE SENSORY ACTIVITIES FUN AND ENGAGING

CREATE A VISUAL SENSORY CHEAT SHEETS FOR YOUR CHILD

GET YOUR CHILD'S HELP FIGURING OUT WHAT SENSORY INPUT THEY NEED

HELP YOUR CHILD RECOGNIZE THEIR INTERNAL CUES AND WHEN THEY NEED A BREAK

STAY CALM, BE PATIENT, AND USE ONLY A FEW WORDS WHEN COMMUNICATING



7 MYTHS THAT BLOCK THE UNDERSTANDING OF SENSORY BEHAVIOR

MYTH

VS

REALITY

YOUR CHILD HAS TO BE SENSITIVE TO EVERYTHING TO HAVE SENSORY ISSUES

THEY CAN BE OVERSENSITIVE OR UNDER SENSITIVE TO STIMULI WE ALL HAVE DIFFERENT PREFERENCES

THERE ARE ONLY 5 SENSES

THERE ARE 8 SENSORY SYSTEMS TACTILE, OLFATORY, GUSTATORY, AUDITORY, VISUAL, VESTIBULAR, PROPRIOCEPTIVE & INTEROCEPTIVE

YOU JUST NEED TO GIVE THEM MORE SENSORY INPUT

IT'S NOT ABOUT MORE, IT'S ABOUT THE RIGHT KIND OF INPUT TO MEET THEIR SPECIFIC NEEDS

THERE IS NOTHING YOU CAN DO TO HELP THEM, THEY WILL JUST OUTGROW IT

THERE ARE MANY RESOURCES AND STRATEGIES THAT CAN HELP THEIR SENSORY PREFERENCES MAY EVOLVE OR CHANGE OVER TIME BUT MANY EVEN STRUGGLE AS ADULTS

SENSORY IS JUST MESSY PLAY AND GETTING YOUR HANDS DIRTY

IT CAN BE ANYTHING RELATED TO USING YOUR SENSES

THIS IS ONLY AN ISSUE FOR KIDS WHO HAVE OTHER DIAGNOSIS LIKE AUTISM, ADHD ETC

MANY CHILDREN STRUGGLE WITH SENSORY ISSUES IN FACT IT IS PRETTY COMMON UP TO 20%

YOU JUST NEED TO DISCIPLINE YOUR CHILD MORE

MY CHILD IS ACTING OUT BECAUSE THEY ARE OVERWHELMED OR FEEL UNSAFE UNDERSTANDING, NOT PUNISHMENT WILL HELP

UNDERSTANDING SENSORY BEHAVIOR

WHAT YOU SEE

YOUR CHILD OVERREACTING, BEHAVING BADLY (REFUSING) OR SHYING AWAY, HIDING

YOUR CHILD JUMPING ON THE FURNITURE, MOVING NON-STOP OR CLIMBING EVERYTHING

MELTDOWNS OVER PUTTING ON SOCKS AND SHOES, DOESN'T LIKE WEARING CLOTHES OR BOTHERED BY SOME FABRICS

PUTTING EVERYTHING IN THEIR MOUTH OR BEING A PICKY EATER

COVERING THEIR EARS, COMPLAINING THAT IT IS TOO LOUD OR ALWAYS TALKING, BANGING THINGS AND MAKING NOISE

CRAWLING ALL OVER PEOPLE, BEING TOO CLOSE/IN PEOPLE'S PERSONAL SPACE, ALWAYS TOUCHING EVERYTHING

COVERING THEIR EYES, SQUINTING, LOOKING DOWN, HAVING A HARD TIME FOCUSING AND EYES DARTING AROUND.

WHAT IT MEANS

YOUR CHILD MAY BE SENSITIVE TO LOUD NOISES, MOVEMENT OR OVERWHELMED BY THE AMOUNT OF INPUT SO THEY ARE TRYING TO RETREAT OR BLOCK IT OUT

SENSORY SYSTEM CAN BE UNDER OR OVER RESPONSIVE. SOME KIDS HAVE AN INCREASED NEED FOR MOVEMENT AND ARE ALWAYS ON THE GO TRYING TO MEET THAT NEED.

THE FEEL OF THE SOCKS, SHOES OR EVEN THE TYPE OF CARPET MAY BE UNCOMFORTABLE TO THE CHILD

SOME KIDS CRAVE ORAL STIMULATION OTHERS AVOID IT AND MAY BE SENSITIVE TO TEXTURES, TASTES OR SMELLS MAKING MEAL TIMES CHALLENGING

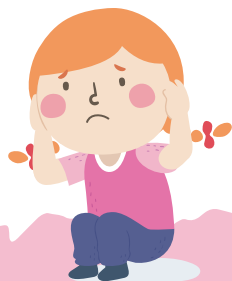
MAY BE SENSITIVE TO SOUND AND MAY TRY TO AVOID IT OTHERS MAY SEEK OUT NOISE AND CREATE NOISE OF THEIR OWN TO SATISFY THEIR NEED FOR SOUND.

CHILDREN MAY STRUGGLE WITH BODY AWARENESS, THEY MAY HAVE A HARD TIME JUDGING DISTANCE, NOT REALIZE THEY ARE TOO CLOSE OR LEAN ON YOU.

CHILD MAY BE OVERSTIMULATED VISUALLY OR BE EASILY DISTRACTED BY VISUAL STIMULI. THEY MAY TRY TO BLOCK IT OUT OR BE FASCINATED STARING AT SOME OBJECTS

7 TIPS FOR DISCIPLINING SENSORY MELTDOWNS AND BEHAVIORS

KNOW THE DIFFERENCE



Is it a tantrum or a meltdown? The truth is, all behavior is communication.

DIG DOWN



Look beneath the surface of your child's sensory behavior to identify what is triggering it.

ID THEIR PREFERENCES



Each child will develop a set of unique sensory preferences. Determine your child's so you can help them in the best ways.

TEACH THEM



Help your kids recognize when they are triggered or soothed by certain sensory tools or moments.

MAKE A RETREAT



Setting up a calm space or retreat away from sensory stimulation will give your kids a safe place to decompress when they most need to.

SET A PLAN



Sit down with your child - during a calm moment - to brainstorm a plan for what will best meet their sensory needs.

CREATE A TOOLKIT



Put together a kit of the most effective tools and strategies you find that help your unique child.