



It's important to note that sensory processing difficulties can vary from child to child and may present differently in different situations or environments.

Here are some strategies that may help your child regulate their sensory needs.

Create a sensory-friendly environment:

Adjust the environment to reduce sensory input that may be overwhelming or distracting. This may include using noise-cancelling headphones or earplugs, dimming lights, or using a weighted blanket or vest to provide deep pressure input.

Offer sensory breaks:

Provide opportunities for your child to take breaks from sensory input when they need it. This may include taking a quiet break in a designated space, engaging in calming activities such as deep breathing or yoga, or providing sensory toys or tools to help them regulate their input.

Encourage sensory exploration:

Offer a variety of sensory experiences, this may include messy play, water play, or tactile play with different textures, materials, and temperatures.

Use visuals:

Provide visual cues or schedules to help your child understand and prepare for transitions or changes in routine. This may include images/ photographs to show their daily routine or a visual representation of time e.g. a sand timer.

Provide opportunities for movement:

Engage your child in physical activities that provide vestibular input, such as swinging, climbing, or bouncing on a therapy ball. These activities can help your child regulate their sensory input and improve their overall coordination and balance.

By understanding your child's sensory processing difficulties and providing support and accommodations as needed, you can help them thrive and participate in daily activities more comfortably.