

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